

Distance Running Results

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EDITORIAL

Caster Semanya won South Africa's first medal in a distance race at the IAAF World Championships last night (Monday) when she took the bronze in the 1500 m in 4:02.97 after overtaking Laura Muir (GBR) in the last few strides. Ahead of Semanya Faith Kipyegon (KEN), the Olympic champion, won the gold in 4:02.59 off a last lap of 58.1 sec. Jenny Simpson (USA) took silver in 4:02.76 after a magnificent stretch drive. It is the American's fourth medal at a global championships since 2011. World record holder Genzebe Dibaba of Ethiopia finished last in 4:06.72. She had been in fifth place at the 1200-metre mark, but faded badly in the final 300 m.

Two outstanding 10000-metre races have been the other highlights of the distance events in London so far. On the very first day Mo Farah (GBR) won his third successive world title over this distance (he has won the 5000/10000 double at the last two World Championships and Olympic Games, as well as the 5000 at the 2011 World Championships). This time the Kenyans and Ethiopians employed the correct tactics and tried to run his devastating finish out of Farah's legs, but once again it was to no avail. The fast pace from the beginning resulted in Farah



Top: Caster Semanya, Faith Kipyegon and Jenny Simpson sprint to the finish line to win the medals in the 1500 m in London. Above: A delighted Mo Farah wins his third world 10000-metre title in a row in front of Joshua Cheptegei. [IAAF/Getty Images]

clocking his fastest winning time yet, 26:49.51. Uganda's Joshua Cheptegei and Kenya's Paul Tanui won the silver and the bronze medals in 26:49.94 and 26:50.60 respectively.

It was the first time that seven men had run under 27 minutes at the World Championships and there were no fewer than twelve PBs and two national records. Tanui earned his third successive bronze medal. "It was one of the toughest races of my life," Farah told reporters. He continued: "They tried everything and I just had to stay strong." Farah, who was tripped by Tanui with 300 m to go and stepped into the infield with one foot, ran the last lap in 55.7 sec.

In the women's race Almaz Ayana (ETH) did not run nearly as fast as in Rio, but won with a huge margin of 46.37 sec in 30:16.32 -- more than double the previous biggest margin in the history of the meeting. This was her first race since September last year and she ran the second half of the race in 14:24.96, faster than her own World Championships 5000 m record of 14:26.83 set in Beijing in 2015. Behind Ayana her Ethiopian teammate Tirunesh Dibaba outsprinted Kenya's Agnes Tirop to get the silver, 31:02.69 to 31:03.50. It was Dibaba's fourth World Championships medal in the 10000 m (she has won eight gold medals at the World Championships and Olympic Games, plus four at the World Cross-country Championships).

As in Rio, where she set a world record of 29:17.45 when winning by 15.08 sec over Vivian Cheruiyot, Ayana's performance raised plenty of eyebrows among expert followers of the sport, and social media was abuzz with comments. *Race Results Weekly* reports that from 3000 m to 8000 m Ayana ran an improbable 14:30.82, prompting a skeptical tweet from 1991 world 10000 m champion Liz McColgan of Scotland. "So from 3k to 8k Ayana 5k split 14:30. Until Ethiopia follow proper doping procedures I for one do not accept these athletes performances." There were other tweets expressing disbelief, indicative of the skepticism among athletes, coaches, fans and the media in the wake of the doping scandals which have gripped athletics for the last several years. Lee Troop, a three-time Olympian for Australia and now a respected coach in Colorado, offered perhaps the harshest comment. He tweeted: "I'm sorry @iaaforg & @sebcocoe but you have failed our sport just like your predecessors! That 10,000m for women was a joke & it's your fault!"

On Sunday the two marathon races went to Geoffrey Kirui (KEN) in 2:08:27 and Rose Chelimo (BRN) in 2:27:11. For the first time ever the World Championships marathons were held on the same day in back-to-back fashion, with the men running in the morning and the women in the afternoon. The results were also historic, reports *Race Results Weekly*. Kirui became the first man ever to win the Boston Marathon and World Championships Marathon in the same year, while Chelimo became the first woman from Bahrain to win a world marathon title.

Chelimo triumphed after a tough battle with Edna Kiplagat (KEN), the world champion in 2011 and 2013. Kiplagat got the silver in 2:27:18, but only just. Behind her, Amy Cragg (USA) had won an exciting back-and-forth battle with Flomena Cheyech Daniel (KEN) and had tried to run down Kiplagat. Remarkably, Cragg was given the same time as Kiplagat, winning her first global medal and the first World Championships marathon medal for a USA woman since Marianne Dickerson took the silver in the very first Championships in 1983.

South Africa's marathon runners had another poor set of results. Desmond Mokgobu fared best with his 21st place in 2:16:14. Sibusiso Nzima did not finish and Lusapho April did not start. In the women's race Mapaseka Makhanya was 40th in 2:40:15 and Jenna Challenor 59th in 2:47:22. In the 10000 m Stephen Mokoka finished 20th in 28:14.67.

And to finish off with an interesting statistic: The gold and bronze medals won by Luvo Manyongo and Ruswahl Samaai in the long jump is the first time since 1912, when Kennedy McArthur and Chris Gitsham won gold and silver in the Olympic Marathon in

Stockholm, that two South Africans have won medals in the same event at a World Championships or Olympic Games.

The results of the World Championships will be included in DRR next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Pretoria
 - * Brackenfell Half Marathon, Brackenfell
 - * The Longest Day 12-hour Race, Pietermaritzburg
 - * XC: Sport Impact Events EP Championships, Port Elizabeth; WP League Meeting, Athlone; Gauteng North League Meeting, Pretoria
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NEWS

AFTER BRIBE ATTEMPT, LOUISA LEBALLO GETS AN EIGHT-YEAR SUSPENSION

By Riël Hauman

South African distance runner Louisa Leballo has been given a severe punishment of eight years suspension after failing an out-of-competition test on 20 March. Leballo's case was aggravated because she attempted to bribe the testing official of the SA Institute for Drug-Free Sport to avoid the test.

Leballo placed third in this year's Old Mutual Two Oceans Half-Marathon over the Easter weekend in a personal best of 1:15:08. She has started the Two Oceans ultramarathon five times, but finished only once -- in 2006, when she was sixth.

Two weeks before the Two Oceans she had won the Spar Grand Prix Series 10 km in Cape Town and, at the age of 39, broke her previous PB of 33:12, set as long ago as 2006, with an eye-popping 32:56. Many keen followers of the sport raised questions about this performance, but Leballo was tested and came out clean.

Both these performances, as well as her ninth position in the Port Elizabeth leg of the Spar Series on 6 May (34:42), came after she had tested positive for erythropoiesis stimulating agents, including erythropoietin (EPO), and will therefore be annulled.

Also scrapped will be her performance in the IAAF World Cross Country Championships in Kampala three weeks before the Two Oceans. She was South Africa's top finisher with her 33rd position in 35:22.

Earlier in her career she represented South Africa in the Africa Southern Region Half-Marathon Championships (2004 & 2010) and Cross Country Championships (2007), as well as in the World Half-Marathon Championships (2010). In the latter race she was also the top SA scorer with her then PB of 1:15:11.

Leballo's 10 km and half-marathon PBs will now revert to the 33:12 which she ran in Stellenbosch in 2006 and the 1:15:11 in Nanning in 2010; her other PBs are 54:04 for 15 km (2003) and 2:46:50 for the marathon (2007).

ROAD RUNNING

Spar Grand Prix Series 10 km

(Women only; 4th event of 6-race series)

Pretoria, 5 August

(Certified, hilly loop course)

1.	Irvette van Zyl	Nedbank	34:36
2.	Nolene Conrad	KPMG	34:48
3.	Kesa Molotsane	KPMG	34:53

4.	Glenrose Xaba	Boxer	34:57
5.	Rudo Mhonderwa	ZIM/Nedbank	35:42
6.	Lebogang Phalula	Boxer	36:06
7.	Cornelia Joubert	Boxer	36:07
8.	Patience Murowe	ZIM/Nedbank	36:15
9.	Maria Shai	Boxer	36:16
10.	Nicole Louw	KPMG	36:35
11.	Zintle Xiniwe	KPMG	36:48
12.	Charné Bosman	Nedbank	36:57
13.	Carina Viljoen	KPMG	36:59
14.	Tyler Beling	Fichardt Park	37:15
15.	Liziwe Mabona	Boxer	37:17
16.	Shanley Koekemoer	KPMG	37:18
17.	Christine Kalmer	KPMG	37:38
18.	Janie Grundling	Boxer	37:55
19.	Stella Marais	KPMG	38:29
20.	Lithboho Makhatsiane	Hollywood Bets	38:39
21.	Catherine Skosana	Boxer	38:43
22.	Keneilwe Sesing	KPMG	38:48
23.	Tanith Maxwell	Boxer	38:53

Veterans:

1.	Charné Bosman	Nedbank	36:57
2.	Tanith Maxwell	Boxer	38:53
3.	Bulelwa Simae	Nedbank	39:33

Masters:

1.	Judy Bird	KPMG	40:17
2.	Grace de Oliveira	Boxer	43:43
3.	Catherine Naane	Sibanye Gold	46:38

G'masters:

1.	Frances van Blerk	Nedbank	48:47
2.	Sonja Laxton	RAC	50:29
3.	Blanche Moila	Savages	51:13

G/g'masters:

1.	Annetjie Greyvenstein	Irene	55:10
2.	Jill Tregenna	Westville	61:23
3.	Elsa Meyer	Irene	63:57

Juniors:

1.	Nicole Louw	KPMG	36:35
2.	Tyler Beling	Fichardt Park	37:15
3.	Shanley Koekemoer	KPMG	37:18

Brackenfell Half Marathon (11th)

Brackenfell, 5 August
(Distance: 21.1 km)

Note: Repeat victories here for both Danzil Palse and Nomvuyisi Seti. Seti ran just more than six minutes faster than last year; Palse was 80 seconds faster than in 2016. -- Ed.

MEN

1. Danzil Palse (East) 1:06:55 (R700)
2. Nkosiyethu Sotyantya (MSA) 1:09:04 (R600)
3. Akhona Makila (VOB) 1:11:56 (R500)

(All age category prize money except veterans and juniors was the same: R400, R300, R200.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:12:07 (R450); 2. Vuyani Sixaso (Gugs) 1:14:28 (R350); 3. Sihle Mapukata (Ned) 1:17:27 (R300). **Masters:** 1. Steve Motau (Itheke) 1:20:18; 2. Johnny Persents (WR) 1:20:19; 3. Isaac Manuel (Edge) 1:28:23. **G'masters:** 1. Mochamat Kriel (Ommie) 1:29:45; 2. Robbie Lindsay (Ned) 1:30:30; 3. Gemjikile Tom (Eskom) 1:37:04. **G/g'masters:** 1. Les Hanna (Whalers) 1:58:59; 2. Yusuf Gamiendien (Itheke) 2:16:34; 3. Japie Esterhuizen (Strand) 2:17:07. **Juniors:** 1. Bronwyn George (Ind) 1:16:28 (R450); 2. Justin Claassen (Durb) 1:26:48 (R350); 3. Nolen Hanekom (Durb) 1:31:00 (R300).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Ind) 1:22:50
2. Obertina Kanyongo (ZIM/Ned) 1:30:29 (1st mast)
3. Herlien van Zyl (Ind) 1:32:01

Veterans: 1. Marlize Vienings (Edge) 1:32:40; 2. Busisiwe Matiwane (Ned) 1:35:33; 3. Tyshia Johannes (Gugs) 1:38:40. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:30:29; 2. Sonja Smith (Celtic) 1:52:44; 3. Anita Gouws (RWFL) 1:53:18. **G'masters:** 1. Charmaine Cupido (Ned) 1:46:48; 2. Ruth Leverton (Pine) 2:07:18; 3. Jeanette van Wyk (Bell) 2:08:33. **G/g'masters:** 1. Marietha Herbert (Bell) 2:07:01; 2. Ruth Francis (IT) 2:42:14; 3. Annatjie Berntzen (Good) 3:05:00. **Juniors:** 1. Sophia Els (Bell) 1:44:29.

The Longest Day 12-hour Race (22nd)

Pietermaritzburg, 5 August
(333.3-metre grass track)

Note: Third win in a row for Ash Naidoo. -- Ed.

MEN

- | | | |
|----|--------------------|------------|
| 1. | Mdu Zondi | 122.496 km |
| 2. | Khayile Mzwakhe | 116.321 km |
| 3. | Sabelo Buga | 107.587 km |
| 4. | Gerald Pavel | 102.912 km |
| 5. | Anthony Albrighson | 100.224 km |

WOMEN

- | | | |
|----|------------------|-----------|
| 1. | Ash Naidoo | 92.544 km |
| 2. | Lizette Botha | 87.737 km |
| 3. | Nomkhosi Ndwonde | 83.328 km |
| 4. | Cordelia Kisten | 81.408 km |
| 5. | Jo Piper | 80.988 km |

CROSS-COUNTRY

Sport Impact Events EP Championships

Port Elizabeth, 5 August

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

SR. MEN (10 km)

- | | | | | | |
|---|---------|----------|---------|----|-------|
| 1 | Mariano | Eesou | Madibaz | 25 | 32:00 |
| 2 | Adriaan | Gerwel | Ikhamva | 21 | 32:05 |
| 3 | Brendon | Effenaar | Nedbank | 21 | 33:01 |
| 4 | Andre | Ketchem | Xcel | 33 | 33:47 |
| 5 | Mzolisi | Makhanda | Nedbank | 34 | 33:58 |

SR. MEN					
1	Masanda	Mlonyeni	Charlo AC	36	13:15
2	Lubabalo	Jusayi	Mother	26	13:28
3	Xabiso	Kobe	Tinarha	19	13:45
4	Thando	Ncipha	Sappe	25	13:51
5	Jeandry	Deerling	Aspen	25	14:16
VETERAN MEN (8 km)					
1	Thobile	Xata	Nedbank	43	29:27
2	Malibongwe	Mbelu	RFLG	45	29:33
3	Luvuyo	Stephen	Nedbank	47	32:26
MASTER MEN (8 km)					
1	Leonardo	De Villiers	CSEP	51	32:29
2	Joseph	Bain	CSEP	57	35:42
3	Michael	Nelson	Kowie	52	39:24
1	Sticks	Stiglingh	Kowie	62	26:20
G'MASTER MEN (6 km)					
2	Sizinzo	Kama	Ach	66	28:52
3	Bruce	McEwan	Ach	63	29:19
G/G'MASTER MEN (6 km)					
1	Herman	Dekker	Sappe	72	34:58
2	Robert	Joiner	Kowie	70	38:01
JR. MEN (8 km)					
1	Xabiso	Kobe	Tinarha	19	27:29
2	Dylan	Finlay	Grey HS	18	28:27
3	Clayton	Vaaltuin	McCarthy SSS	18	28:42
U.17 (6 km)					
1	Janno	Agenbag	Framesby HS	17	20:45
2	Anele	Voorman	Nedbank	17	20:51
3	Bernito	Hendricks	McCarthy SSS	17	21:23
SR. WOMEN (10 km)					
1	Cherise	Sims	Madibaz	24	37:49
2	Adri	Wessels	CSEP	41	42:23
3	Luthando	Nxanisa	Madibaz	24	44:07
SR. WOMEN					
1	Megan	Dempster	Madibaz	29	16:02
2	Freedah	Ncube	Madibaz	35	16:33
3	Siena	De Vos	Nedbank	40	18:12
VETERAN WOMEN					
1	Jene	Banfield	RFLG	46	18:01
2	Elize	Adams	Gelvan	42	19:35
MASTER WOMEN					
1	Lulama	Mceka	Kowie	56	25:05
2	Mile	Vermaak	Charlo	50	29:24
G'MASTER WOMEN					
1	Avril	Beyleveld	Kowie	65	24:05
JR. WOMEN (6 km)					
1	Chane	Petzer	Framesby HS	17	26:00
2	Du Plessis	Channah	Cradock	18	26:27
3	Nomakhosi	Ntlizyo	Madibaz	19	28:05
U.17					
1	Vicky	Oelofse	Framesby HS	16	14:52
2	Danell	Douglas	Pearson HS	16	17:53
3	Jani	Guldenpfennig	Framesby HS	17	18:32

WP League Meeting (7th)

Athlone (Nantes Park), 29 July

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

SR. MEN (10 km)

1	Khaya	Butele	Nedbank	37:42
2	Wanda	Roro	MSA Multi Sport	37:43
3	Raydon	Balie	Wild Runners	38:09
4	Hein	Camphor	Itheko	39:23
5	Warren	Hefkie	UWC	39:25
6	Akhona	Makila	VOB	39:32
7	Xolisa	Batala	Nedbank	39:51
8	Bulelane	Bhebha	VOB	40:05
9	Marks	Mpekula	VOB	41:34
10	Jeandré	September	Eerste River	41:57

SR. MEN

1	André	Afrika	Eerste River	14:29
2	Vincent	Fortuin	UWC	14:43
3	Sibusiso	Magwaza	UWC	14:44
4	Granwin	Katzen	Celtic Harriers	14:46
5	Duran	Faro	UWC	14:48
6	Mthandazo	Qhina	Nedbank	15:06
7	Lee-Roy	Lawrence	UWC	15:09
8	Bradley	Davids	Helderberg Harriers	15:21
9	Boithapelo	Lehlela	Helderberg Harriers	15:31
10	Marius	Peterson	Helderberg Harriers	15:46

VETERAN MEN (8 km)

1	Bonisile	Ngculana	VOB	31:59
2	Gareth	Berning	VOB	32:21
3	Christo	van Rooyen	Nedbank	32:48

MASTER MEN (8 km)

1	Henry	Wolstenholme	Durbanville	35:03
2	Johnny	Persents	Wild Runner	35:18
3	Eric	Coetzee	Gugs	35:39

G'MASTER MEN (8 km)

1	Goodman	Mpukane	Gugs	39:28
2	Christian	Edwards	VOB	43:16
3	Vernon	Murtz	Pinelands	44:31

G/G'MASTER MEN (8 km)

1	Blake	Wilkins	Atlantic AC	48:33
2	Manfred	Geutner	Pinelands	57:18
3	Joseph	Matthews	Midas Spartans	59:38

U.20 (8 km)

1	Franklin	September	Velocity	30:57
2	Alantino	Belillie	Eerste River	31:16
3	Tashwell	Damons	Kuils River RC	31:21

U.18 (6 km)

1	Oliver	Stewart	Atlantic	23:39
2	Fernando	Spondo	Bonteheuwel	23:46
3	Lethu	Cetywayo	VOB	23:51

SR. WOMEN (10 km)

1	Vuyiseka	Nkumenge	Nedbank	45:04
2	Zintle	Xiniwe	KMG	47:35
3	Candyce	Hall	Carbineers	47:43
4	Ivy	Gongqa	Nedbank	49:38
5	Rozanne	Makappie	Easterns	55:35
6	Letitia	Smith	Carbineers	55:58
7	Philiswa	Dalane	VOB	59:59
8	Alexis	Sacks	Carbineers	60:18
9	Nicky	Hill	Carbineers	61:48
10	Nobuntu	Mgqoboka	Gugs	62:34

SR. WOMEN

1	Anel	Terblanche	KPMG	17:18
2	Zani	Kruger	Maties	17:33
3	Jessica	Pollock	UCT	17:41
4	Anneline	Roffey	Nedbank	18:03
5	Amy	Abrahams	Nedbank	18:16
6	Tina-Mari	Meyer	Nedbank	18:22
7	Madelé	du Plessis	Edgemead	18:32
8	Nolubabalu	Dyonase	VOB	18:36
9	Anandi	Groenewald	Durbanville	18:57
10	Natasha	Oosthuizen	Nedbank	19:24

VETERAN WOMEN

1	Bulelwa	Simae	Nedbank	19:05
2	Chantel	Simpson	Nedbank	19:41
3	Sharon	Sunderland	Nedbank	19:59

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	19:38
2	Olga	Howard	Nedbank	19:56
3	Ester	Brink	Carbineers	20:09

G'MASTER WOMEN

1	Nancy	Will	Pinelands	21:26
2	Hilary	Rhode	Edgemead	22:31
3	Erdine	Burger	Bellville	24:32

G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	26:47
2	Wendy	Wilkins	Atlantic	30:29
3	Lee	Keeling	Spartan Harriers	32:14

U.20 (6 km)

1	Simone	Adams	Bottelary	30:06
2	Kirsten	Roodman	VOB	30:53
3	Petro	Moses	Velocity	32:05

U.18

1	Athemba	Nqumashe	Bottelary	17:23
2	Kayla	de Waal	CC	17:53
3	Kia	Gibbs	VOB	18:36

Gauteng North League Meeting

Pretoria (Swartkops Lapa), 29 July

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

SR. MEN (8 km)

1	Michael	Pienaar	Tuks	26:14
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2	Reghen	Magwai	Born2run	26:23
3	Motsamai	Motone	ECAC	28:12
4	Collen	Mulaudzi	TUT	28:12
5	Solomon	Bolholo	TUT	29:16
6	Altus	Badenhorst	Born2run	29:26
7	Siphosakhe	Ngubane	Monaco	30:46
8	Makwena	Mothapo	Modiba	31:42
9	Derick	Mtsweni	Ikhonjane	34:28
10	Juan-Pierre	De Villiers	Montana	35:13

SR. MEN

1	Ngcebo	Phungula	TUT	13:43
2	Sive	Ngupo	TUT	14:11
3	Sikhalo	Mthimkulu	TUT	14:15
4	Motsamai	Motone	ECAC	14:32
5	Sikhumbozo	Seme	KPMG	14:38
6	Lukhanyo	Mabinza	Hollywood Bets	15:11
7	Fourie	Wiid	Tuks	15:32
8	Derick	Mtsweni	Ikhonjane	15:59
9	Charl	Stephan	Individual	17:03
10	Henk	Koekemoer	FPN	17:35

MEN 40 (8 km)

1	Colin	Witbooi	PMMC	29:32
2	Sello	Ramaloko	Runavation	31:14
3	Peter	Motshoene	RWFL	32:06

MEN 45 (8 km)

1	Llewelyn	Curlewis	Tuks	32:45
2	Dirk	Cloete	Irene	32:57
3	Pieter	Van Heerden	Irene	33:18

MEN 50 (8 km)

1	Gouws	Marais	Individual	33:47
2	Danie	De Villiers	Nedbank	34:11
3	Kobus	Bester	Individual	35:47

MEN 55 (8 km)

1	Johann	Walters	Tuks	36:02
2	Avril	Barkhuizen	Nedbank	36:18
3	Gert	Steyn	GNMA	36:27

MEN 60 (6 km)

1	Jan	Esau	PMMC	27:12
2	Charlie	Tholo	PMMC	29:16
3	Philip	Boardman	ACRW	30:10

MEN 65 (6 km)

1	Mike	Du Bruto	Irene	26:16
2	Allan	Kluge	Agape	34:04
3	Pieter	Rossouw	Midstream	35:25

MEN 70 (6 km)

1	Gerrit	Van Niekerk	PMK	33:42
2	Assie	Van Aswegen	Overkruin	42:22

MEN 75 (6 km)

1	Mike	Kleinsmit	Transnet	35:53
2	Andries	V.d. Merwe	Transnet	35:22
3	Piet	Van Aswegen	Overkruin	51:46

MEN 85 (4 km)

1	Martin	Coetzee	Magnolia	43:35
2	Frans	Grobler	Transnet	46:56

MEN 23

1	Milton	Kekana	TUT	13:35
2	Karabo	Motheiwana	TUT	14:47
3	Mapiet	Modiba	TUT	15:02

SR. WOMEN (8 km)

1	Kataza	Shipalana	Miway	33:14
2	Carlyn	Fischer	Individual	33:24
3	Lizerie	Ferreira	Tuks	35:49
4	Leandri	J. van Rensburg	Sterkspan	36:15

SR. WOMEN

1	Stella	Marais	KPMG	15:19
2	Nerissa	Le Roux	Runavation	16:03
3	Suane	Cillie	Individual	17:01
4	Marizahn	Wentzel	Tuks	18:28
5	Karabo	Sithole	Tuks	19:10
6	Valentia	Modiba	FPN	23:01

WOMEN 40

1	Corne	Prinsloo	FPN	16:35
2	Alicia	Heyns	GNMA	18:16
3	Elouise	Dirkse van Schalkwyk	Agape	19:39

WOMEN 45

1	Carol	Goodinson	FPN	19:32
2	Letmarie	Dreekmeier	Waterkloof	21:14
3	Loraine	Botha	Team Vitality	22:08

WOMEN 50

1	Elmarie	Du Toit	Montana	18:50
2	Ansie	Breytenbach	Irene	19:35
3	Ronel	Fourie	Oos Moot	21:52

WOMEN 55

1	Ilze	Crous	Affies	19:55
2	Lynette	Fischer	Phobians	20:38
3	Anlerie	Botha	Nedbank	20:01

WOMEN 60

1	Joey	Cloete	Irene	23:00
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WOMEN 65

1	Stephanie	Claassen	Tuks	24:05
2	Isabel	McLaren	Tuks	28:28

WOMEN 75

1	Arina	Van Aswegen	Individual	50:29
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WOMEN 90

1	Adelaide	Van Aswegen	Individual	50:29
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WOMEN 23

1	Danette	Marais	Tuks	16:16
2	Jeannie	De Beer	Runavation	16:18
3	Michelle	Redelinghuys	Tuks	16:35

JR. WOMEN (6 km)

1	Michelene	Kahl	Team Vitality	16:34
2	Rachel	Modise	Hollywood Bets	18:14

NEWS**SPAR GRAND PRIX POINTS STANDINGS**

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

OPEN

1	Kesa Molotsane	KPMG	107
2	Irvette van Zyl	Nedbank	88
3	Nolene Conrad	KPMG	74
4	Lebogang Phalula	Boxer	67
5	Glenrose Xaba	Boxer	66
6	Rhudo Monderwa	ZIM/Nedbank	55
7	Cornelia Joubert	Boxer	54
8	Mapaseka Makhanya	Olifantsfontein	45
9	Rutendo Nyahora	ZIM/Nedbank	39
10	Elizabet Arsedo	ETH/Nedbank	32
11	Tish Jones	GBR/KPMG	31
12	Jenna Challenor	KPMG	26
13	Christine Kalmer	KPMG	24
14	Zintle Ziniwe	KPMG	22
15	Patience Murowe	ZIM/Nedbank	21
16	Nicole Louw	KPMG	19
17	Keneilwe Sesing	KPMG	14
18=	Bertha Chikanga	ZIM/Maxed Elite	12
18=	Onneile Dintwe	BOT/Nedbank	12
18=	Janie Grundling	Boxer	12
18=	Maria Shai	Boxer	12

Veterans:

1	Bulelwa Simae	Nedbank	22
2=	Janene Carey	Boxer	19
2=	Tanith Maxwell	Boxer	19

Masters:

1	Judy Bird	KPMG	40
2	Grace de Olivera	Boxer	13
3=	Mariëtte Strauss	Tygerberg	4
3=	Janette Schierz-Crusius	Body Concept	4

G'masters:

1	Margie Saunders	Nedbank	15
2	Francis van Blerk	Nedbank	10
3=	Sonja Laxton	RAC	7
3=	Blanche Moila	Savages	7

Juniors:

1	Nicole Louw	KPMG	20
2	Simonay Weitsz	KPMG/Boxer	15
3	Nicole van der Merwe	KPMG	13

STRINGENT ANTI-DOPING PROGRAMME IN LONDON

The Athletics Integrity Unit (AIU) and UK Athletics (UKA) have announced their plans for a robust anti-doping programme at the IAAF World Championships, reports *Athletics International*. At the heart of the AIU's testing programme will be the collection of more than 600 blood samples prior to the championships for the purpose of continuing to build Athlete Biological Passport (ABP) profiles and to detect prohibited substances, such as human growth hormone (hGH). A further 600 urine tests will also be conducted onsite at

the London Stadium during the competition in order to detect a wide range of substances including EPO and steroids.

Meanwhile, a special investigation by Rob Draper, Nick Harris and Edmund Willison for *The Mail On Sunday* has revealed that almost one in seven of the 2012 Olympic finalists have been sanctioned for doping offences. Out of 656 track and field finalists in London five years ago, 87 or 13% had previously committed a doping violation or have since done so. The worst offending nation was, of course, Russia with 29 of their 53 finalists having committed doping violations. The dirtiest race of the Games was the women's 1500m where five of the top nine runners have received doping bans, including the Turkish runners who finished first and second.

Dick Pound, the former head of WADA, described the findings as "very troubling for athletics." Toni Minichiello, Jessica Ennis-Hill's coach, said he was stunned by the figures. "The depth of testing and investment has to be increased." Jenny Meadows, whose tally of 800m medals would have been even greater but for cheating opponents, said "that is quite a staggering statistic. And it isn't just Russia. Russia were the biggest offenders but it's going on in other nations and it spoils the authenticity of our sport."

STATS TIME

Some more track stats, this time the men's 5000 m.

2017 5000 M: TOP 10 MEN

13:52.13	Jeromy Andreas	Cape Town	29 Apr
14:03.84	Thabang Mosiako	Potchefstroom	21 Apr
14:05.04	Rantso Mokopane	Cape Town	29 Apr
14:05.59	Elroy Gelant	Potchefstroom	21 Apr
14:05.73	Milton Kekana	Cape Town	29 Apr
14:07.11	Collen Mulaudzi	Cape Town	29 Apr
14:09.55	Stephen Mokoka	Potchefstroom	21 Apr
14:12.72	Nadeel Wildschutt	Parow	18 Mar
14:13.86	Anthony Timoteus	Parow	18 Mar
14:17.48	Michael Pienaar	Cape Town	29 Apr

THIS MONTH IN HISTORY

97 years ago: 17 August 1920

Bevil Rudd occupies a unique place in South African athletics: he is the only athlete who won a complete set of Olympic medals. The chain-smoking Rudd, a Rhodes scholar at Oxford University, was born in England but chose to run for South Africa, where he went to school and lived before going to Oxford. On this day Rudd, who was awarded the Military Cross in World War I, won the first of his three medals when he finished third in the 800 metres behind Albert Hill (GBR) and Earl Elby (USA). Rudd ran 1:54.0 after leading into the home straight, with Hill clocking 1:53.4 and Elby 1:53.6. Two days later Hill would also take the 1500 m -- the last man to win this double until Peter Snell in 1964. On 20 August Rudd won the 400 in 49.6 on a rain-soaked track and on 23 August he teamed up with Harry Dafel, Clarence Oldfield and Jock Oosterlaak to win the silver medal behind Great Britain in the 4x400 relay.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	42:00	Matthew Kimeli Kipkorir (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:21	Stephen Mokoka	Port Elizabeth	24 Jun
	59:10	Bedan Karoki Muchiri (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	74:27	Dathan Ritzenhain (USA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:16:53	Stephen Mokoka	Tokyo	26 Feb
	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km	7:42:26	Simphiwe Vellel	Cape Town	22 Jul
	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	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

100 km	2:19:29	Titus Mamabolo (RSA) 1991		
<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		
WOMEN				
<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)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott-Efurd	Camps Bay	08 Jan
	55:48	Annie Bothma	Eersterivier	08 Jul
	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	9:42:24	Rowen Gloyne	Cape Town	22 Jul
	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
	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 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	25 Mar
21.1 km	93:02 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Port Elizabeth	24 Jun
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				
<u>Great grandmasters (70+)</u>				
10 km	49:38 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	02 Apr
15 km	86:20 72:52	Marietha Herbert Jo Klein (NED) 2004	Kraaifontein	15 Jul
21.1 km	1:55:21 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Wellington	01 May
25 km				
30 km	2:18:20 2:50:37 2:47:08	Gerry Davidson (USA) 1991 Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon				
100 km	3:35:29	Helga Miketta (GER) 2013		
<u>Juniors</u>				
10 km	35:26 31:42	Nicole Louw Zola Pieterse (RSA) 1984	Durban	11 Jun
15 km	63:04 49:40	Razaan Kamaldien Ines Chenonge (KEN) 2001	Eersterivier	08 Jul
21.1 km	98:46 1:09:05	Georgina Janisch Delilah Asiago (KEN) 1991	Pretoria	08 Apr

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