

Distance Running Results

Vol. 17, No. 32 – 14 August 2017

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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.

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

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Caster Semenya wins her third World Championships gold in the 800 metres in London, ahead of Francine Niyonsaba and Aje'e Wilson. Semenya set a new SA record of 1:55.16. [All photographs: Getty Images/IAAF]

EDITORIAL

Caster Semenya ended the IAAF World Championships (WC) with a bang for South Africa with a new national record of 1:55.16 (also a British all-comers record) in an exhilarating 800 metres in which all eight finalists ran sub-1:59. Semenya now has three WC gold medals, equalling the feat of her one-time coach Maria Mutola. Semenya set the previous SA record of 1:55.27 three weeks ago in Monaco and now has the two fastest times in the world this year. The bronze medal went to courageous frontrunner and US record holder Aje'e Wilson (1:56.65), who broke up the

"big three" of the Rio Olympics -- Francine Niyonsaba (BDI) was second in 1:55.92 (after leading at halfway in just a shade under 58 sec) and Margaret Wambui (KEN) fourth in 1:57.54. In fifth Melissa Bishop (CAN) got the fastest fifth-place finish in WC history with her 1:57.68. Semenya's time is the second fastest ever at the Championships, behind Jarmila Kratochvilova's 1:54.68 in 1983.

"I just love you guys," Semenya told IAAF interviewers, referring to the fans in London. "It feels like home in London. I used to say Berlin was like my home. Obviously it is South Africa, but there are such fantastic people here. Beautiful."

Distance races provided the highlights of the final evening in front of more than 55 000 fans. Apart from the 800 m, the other golds went to Kenyans Elijah Manangoi (one of the many names TV commentator Steve Ovett could never pronounce correctly) in the 1500 and Helen Obiri in the 5000.

Almaz Ayana (ETH) led at a steady rhythm for most of the 5000. "I knew Ayana is a front runner," Obiri said afterwards. "Because I knew I had a strong kick, 200, 300 (metres), so I waited until the last 200, so I say I have to go." With 300 m to go, Obiri launched her kick and Ayana had no response. The tiny Kenyan with her long braids flying behind her simply ran away from the Ethiopian, clocking 60.7 seconds for the final lap and winning in 14:34.86 from Ayana. Ayana, like her compatriot Meseret Defar, now has a complete set of medals in the 5000: bronze from 2013, gold from 2015, and now silver.

Manangoi, who was second to Asbel Kiprop (KEN) two years ago, has often said that he doesn't like slow races. So after a dawdling 61.6 for the first lap, he and compatriot Timothy Cheruiyot took charge with a 56.1-second second circuit. At the bell, Cheruiyot was leading Manangoi, Kiprop, Filip Ingebrigtsen (NOR) and Adel Mechaal (ESP). Kiprop wasn't able to hold on and drifted back (he would finish ninth). The two Kenyans were too strong for Ingebrigtsen and Mechaal and battled it out for the gold down the homestretch. Manangoi got it, 3:33.61 to 3:33.99. Ingebrigtsen was third in 3:34.53.

One of the biggest shocks of the meeting (apart from Usain Bolt's misfortune) was the victory of Pierre-Ambroise Bosse (FRA) in the 800 m. It was Bosse's first win of the year and he certainly picked the right race to pull it off. He launched a determined surge with 200 m to go and held off the more favoured Adam Kszczot (POL), Kipyegon Bett (KEN) and a disappointing Nijel Amos (BOT) to win in 1:44.67, a season's best. It was the first WC medal of any kind for France in the 800; Kszczot won his second consecutive silver.



Above: The French outsider Pierre-Ambroise Bosse takes the 800-metre gold in London after a commanding surge at the 200 m mark to surprise his rivals. Below: An elated Emma Coburn wins the first US gold medal in a World Championships steeplechase, clocking a new US and championships record to beat the Kenyan stars.

Bosse was responsible for probably the best quote of the meeting when he said: "I am a gambler, I love going to the casino. And today I just gambled, I put everything on the red, even my last Euro. I achieved this victory with a lot of determination: it was with my mind, not with my legs and not with strength."

But to this writer probably the best race of the Championships was the women's steeplechase in which the two Americans Emma Coburn and the unheralded Courtney Frerichs ran fabulously to beat the mighty Kenyans. Coburn, the US record holder who was third in Rio last year, won with a new US and championships record of 9:02.58, while Frerichs also broke the previous national record with her 9:03.77 -- almost 16 seconds faster than her former PB! In the process they trounced the Olympic champion, the world champion and the world record holder and decisively showed that the African runners can be beaten at their own game.



The result was shocking to some, reported *Race Results Weekly*, given that traditional steeplechase power Kenya had four women in the final, and that Bahrain's Ruth Jebet -- the Kenyan-born world record holder and Olympic champion -- was also in the race. But for Coburn, a six-time US champion, a medal was always a possibility, and she went into the race with the belief that she could contend. "I thought on a perfect day I could sneak in for a medal," said Coburn. "You know, Joe (Bosshard, her fiance and coach) kept telling me that anything was possible, and kept reminding me of the hard workouts I had done. I've been really healthy this year, and have been running well and training well."

But the final will be also remembered for the extraordinary occurrence as the field approached the water jump for the first time and the early leader, Beatrice Chepkoech, perhaps receiving a nudge in the back, ran wide, before doubling back, aghast, to clear the barrier and -- astonishingly -- moving back to the leading bunch, eventually finishing just one place outside the medals. Considering the Kenyan had run around 3030 metres at least, it was quite an effort.

Apart from setting a championships record, Coburn also smashed the British all-comers record. Best marks-for-place in a WC steeplechase were recorded for first to fourth place. Defending champion Hyvin Jepkemoi was third in 9:04.03.



Mo Farah grimaces as Muktar Edris sprints away from him to win the gold medal in the 5000 and end Farah's hopes of another global 5000/10000 double.

Kenya's image as a steeplechase power was also dented in the men's race. Although Conseslus Kipruto won in 8:14.12, the other two Kenyans in the race finished only 11th and 12th. It was the first time since 1987 that Kenya did not win more than one medal. Kipruto has previously won both the world youth and junior titles, as well as the Olympic gold medal (and was twice second at the World Championships).

In the 5000 m on the penultimate night 10000-metre champion Mo Farah (GBR) was denied a fifth consecutive global double in the 5000/10000 m when -- at long last, one could say -- his two Ethiopian rivals, Yomif Kejelcha and Muktar Edris, worked together to blunt Farah's finish, with Edris outsprinting the Briton to win in 13:32.79 to 13:33.22. It has to be said, however, that neither

Edris nor Kejelcha competed in the 10000 m. Farah bowed out of track running with an unprecedented record: he won the double at the 2013 and 2015 World Championships as well as at the 2012 and 2016 Olympics, and added the 5000 m gold at the 2011 World Championships and the 10000 m gold at this meeting.

South Africa's second hero on the last day was walker Lebogang Shange, who set a new SA record of 1:19:18 in the 20 km walk -- just 14 sec from the bronze medal.

South Africa's small team had its best World Championships yet, finishing third on the medal table (3-1-2 = 6 medals) behind the USA (10-11-9 = 30) and Kenya (5-2-4 = 11), but in front of such strong countries as China, Great Britain, Ethiopia, Germany and Jamaica. Poland (8) and China (7) did win more medals than South Africa, though.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * John Korasie 30 km, Simon's Town
- * Supa Mama Savages Half Marathon & 10 km, Durban
- * Oak Cottage Spar Mountain Drive Half Marathon, Grahamstown
- * Clicks Wierie Half Marathon & 10 km, Centurion
- * Totalsports Women's Race 10 km, Cape Town & Johannesburg
- * Castle Walk Centre 10 km, Pretoria
- * Women's Day 10 km, George
- * XC: KZNA Championships, Richmond; WP League Meeting, Elfindale; KZN League Meeting, Kwa-Ximba

International highlights:

- * IAAF World Championships in Athletics Marathons, London, GBR
- * TD Beach to Beacon 10 km, Cape Elizabeth, USA
- * Track: IAAF World Championships in Athletics, London, GBR; Sir Walter Miler, Raleigh, USA
- * White River 50 Mile Trail Run, Crystal Mountain, USA

ROAD RUNNING**John Korasie 30 km**

Simon's Town, 13 August

(Certified, very hilly loop course. Finishers: 2028 [considerably up from 1498 last year].)

Note: A repeat victory here for Siviwe Nkombi. --Ed.

MEN

1. Siviwe Nkombi (Ned) 1:40:39 (R1240)
2. Retsepile Khotle (Itheke) 1:41:56 (R860)
3. Andre Lubelwana (Hout) 1:44:36 (R670)

(All age category prize money except for great grandmasters was the same: R860, R670, R470.)

Veterans: 1. Vakalisa Kopolo (Ned) 1:48:54; 2. Tsungai Mwanengeni (ZIM/Gugs) 1:50:51; 3. Shawn Abrahams (Kuils) 1:53:47. **Masters:** 1. Johnny Persents (WR) 2:01:59; 2. Timothy Hess (Eerste) 2:03:16; 3. Eric Coetzee (Gugs) 2:06:37. **G'masters:** 1. Mochamat Kriel (Ommie) 2:14:49; 2. Gemjikile Tom (Eskom) 2:30:46; 3. Andy Cockroft (Edge) 2:31:52. **G/g'masters:** 1. Claude Brooks (MS) 2:11:39 (R470); 2. Jim Scott (FH) 3:16:02 (R390); 3. Don Ross-Watt (FH) 3:29:59 (R300).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 2:09:42
2. Nomvuyisi Seti (Ind) 2:16:53
3. Emily Cupito (USA/AAC) 2:17:09

Veterans: 1. Ursula Frans (Ned) 2:19:04; 2. Tracy Forbes (VOB) 2:22:42; 3. Marlize Vienings (Edge) 2:24:57. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 2:18:25; 2. Elmarie Coetzee (CMC) 2:23:06; 3. Olga Howard (Ned) 2:28:12. **G'masters:** 1. Charmaine Cupido (Ned) 2:42:47; 2. Hillary Rhode (Edge) 3:08:09; 3. Sandra Eardley (VOB) 3:08:31. **G/g'masters:** 1. Wilbe Fourie (Strand) 4:14:14; 2. Ester Vlok (Strand) 4:22:48.

Supa Mama Savages Half Marathon & 10 km

Durban, 13 August

(Distances: 21.1 km & 10 km; out-and-back courses. Half-marathon finishers: 767.)

Half marathon

MEN

1. Bonginkosi Zwane (Boxer) 1:09:23
2. Sithembele Fanekho (Ned) 1:10:46
3. Muziwenkosi Mjaja (Ned) 1:13:06

Veterans: 1. Bernard Phalatsane (ZIM/Phantane) 1:18:53; 2. Maxwell Ngwazi (Ned) 1:20:13. **Masters:** 1. Michael Ndlovu (Etheke) 1:20:55; 2. Thierry Pletinckx (Toti) 1:27:57. **G'masters:** 1. Maduray Munsami (Phoenix) 1:35:00; 2. Aubrey Roberts (West) 1:37:34.

WOMEN

1. Loveness Madziva (ZIM/Ned) 1:23:41
2. Nwabisa Mjoli (Holly) 1:37:50
3. Lisa Collett (Boxer) 1:38:06 (1st vet)

Veterans: 1. Lisa Collett (Boxer) 1:38:06; 2. Lindiwe Ndlovu (NRB) 1:46:04. **Masters:** 1. Janine Goes (Dolphin) 1:48:12; 2. L. McDonald (HV) 2:04:44. **G'masters:** 1. Silvia Burton (HV) 2:07:52; 2. Denise Johansen (ME) 2:30:47.

10 km

MEN

1. Prodigoal Khumalo (ZIM/ME) 32:44
2. Phiwayinkosi Mthembu (Bluff) 35:40

Juniors: 1. Jabulani Majombozi (Boxer) 39:37; 2. Londile Jonose (SCS) 39:59.

WOMEN

1. Zama Mokoena (Ned) 40:47
2. Sara Kruger (Ned) 47:38

Juniors: 1. Kayla Hinchliffe (Stella) 62:17

Oak Cottage Spar Mountain Drive Half Marathon

Grahamstown, 12 August

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 375 [up from 294 last year].)

MEN

1	Andile	Motwana	Tinarha AC	20	1:07:10
2	Melikhaya	Frans	Ikhamva AC	27	1:09:04
3	Amos	Nyongo	Ikhamva AC	31	1:11:20
4	George	Ntshiliza	Nedbank RC	37	1:13:13
5	Andre	Ketchem	Xcel AC	33	1:14:14
6	Lubabalo	Mdlungwane	Ikhamva AC	26	1:14:23
7	Zolani	Ngqaqa	Tinarha AC	28	1:15:22
8	Vuyolwethu	Selana	SAPS AC EP	21	1:15:49
9	Sinethemba	Mirele	SAPS AC EP	20	1:15:56
10	Sandile	Ngunuza	Nedbank RC	34	1:16:15
11	Masande	Mlonyeni	Charlo AC	36	1:16:16
12	Mzwanele	Maphekula (1st vet)	Bluewater Bay	40	1:16:22
13	Masixole	Xayiya	SANDB AC EP	23	1:17:15
14	Melikhaya	Kepe	Nedbank RC	41	1:17:25

15	Charles	Segalo	Charlo AC	30	1:17:55
16	Lubabalo	Bokuva	Albany SS	27	1:17:56
17	Disqualified		Temp	31	1:18:27
18	Jeandry	Deerling	Aspen Pharmacar	25	1:19:02
19	Disqualified		Temp	31	1:19:38
20	Anele	Voorman (1st jun)	Nedbank RC	17	1:19:51

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	1:16:22
2	Melikhaya	Kepe	Nedbank RC	41	1:17:25
3	Thobile	Xata	Nedbank RC	43	1:20:57

45-49:

1	Alfred	Malotana	Nedbank RC	47	1:28:55
2	Helgard	Potgieter	Despatch AC	45	1:43:41
3	Vusi	Msuthwana	Bluewater Bay	45	1:44:37

50-54:

1	Desmond	Zibi	Achilles AAA	53	1:20:22
2	Mutekile	Rasmeni	Nedbank RC	52	1:24:17
3	Mario	Hockly	Albany SS	54	1:33:48

55-59:

1	Kenneth	Menze	Bluewater Bay	55	1:26:51
2	Stephen	McCarthy	Edgemead Runnin	56	1:38:26
3	Joseph	Bain	St Albans AC	57	1:41:20

60-64:

1	Johan	Barnard	Nedbank RC	62	2:01:45
2	Ken	Barwood	Achilles AAA	62	2:07:29
3	Hubert	Botha	Albany SS	62	2:08:23

65-69:

1	Hansie	Els	Somerset East	69	1:47:23
2	Graham	Channon	Achilles AAA	67	1:54:45
3	Alexander	Weed	Kowie Striders	67	2:02:45

70-74:

1	Peter	Eck	Muirite Strider	70	2:17:47
2	Robert	Joiner	Kowie Striders	70	2:18:22
3	Herman	Dekker	SAPS AC EP	72	2:22:54

75-79:

1	Tamsanqa	Jusayi	Nedbank RC	75	1:49:04
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Juniors:

1	Anele	Voorman	Nedbank RC	17	1:19:51
2	Ayabonga	Saul	Kowie Striders	14	1:42:09
3	Moloko	Mokubedi	Rhodes Univ	19	1:49:35

WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	26	1:32:21
2	Sarah	Raubenheimer	Rhodes Univ	24	1:34:01
3	Claire	McCann	Temp	19	1:40:54
4	Jessica	Glass	Temp	28	1:43:55
5	Michelle	Van Iddekinge (1st mast)	Elite AC	50	1:44:11
6	Hanlie	V.d. Westhuizen (1st g'mast)	Despatch AC	61	1:44:26
7	Candice	Serfontein	Born 2 Run	38	1:45:19
8	Grizelda	Pietersen (1st vet)	Nedbank RC	48	1:45:51
9	Ludine	Williams	St Albans AC	30	1:48:38
10	Kerry	Longhurst	Temp	45	1:48:56
11	Toegeda	Vyver	Nedbank RC	45	1:49:09
12	Jessica	Steele	Rhodes Univ	25	1:49:54
13	Trish	Schuin	Somerset East	51	1:51:51
14	Terri	Blake	Temp	38	1:52:56

15	Terray	Newcombe	Elite AC	26	1:53:32
16	Charisse	Grenfell	Temp	56	1:54:50
17	Lauren	Smith	Body Concept	34	1:55:26
18	Amanda	Shaw	Body Concept	52	1:56:09
19	Lindsay	Davy	Temp	33	1:56:18
20	Alice	Ter Morshuizen	Temp	23	1:56:26

40-44:

1	Juanita	Fuller	RWFL EP	41	2:07:49
2	Lisa	Hen-Boisen	Charlo AC	44	2:12:35
3	Lara	Van Heerden	Charlo AC	41	2:12:37

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	1:45:51
2	Kerry	Longhurst	Temp	45	1:48:56
3	Toegeda	Vyver	Nedbank RC	45	1:49:09

50-54:

1	Michelle	Van Iddekinge	Elite AC	50	1:44:11
2	Trish	Schuin	Somerset East	51	1:51:51
3	Amanda	Shaw	Body Concept	52	1:56:09

55-59:

1	Charisse	Grenfell	Temp	56	1:54:50
2	Rosemary	Joubert	32Gi EP AC	56	1:59:37
3	Aletta	Joubert	Crusaders AC	55	2:02:55

60-64:

1	Hanlie	Van der Westhuizen	Despatch AC	61	1:44:26
2	Christine	Snyman	Despatch AC	61	2:08:05
3	Marietjie	Robb	Kowie Striders	60	2:29:31

65-69:

1	Avril	Beyleveld	Kowie Striders	65	2:15:23
2	Lynne	Marshall	Temp	68	2:53:41
3	Carol	Nepgen	Kowie Striders	66	3:15:47

70-74:

1	Marlene	Wiese	Kowie Striders	71	3:15:47
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Juniors:

1	Nomakhosi	Ntlizyo	Madibaz AC	19	1:56:41
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Clicks Wierie Half Marathon & 10 km

Centurion, 12 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 850 [down from 1000 last year]; 10 km – 880 [considerably down from 1400].)

Half marathon**MEN**

1 Musawenkosi Sibiyi (ACRW) 73:04; 2 Clinton Ferreira (Nedbank) 73:27; 3 Reginald Poopedi (ACRW) 73:35.

Veterans: 1 Clinton Ferreira (Nedbank) 73:27; 2 Phineas Sathetge (PMMC) 87:29; 3 Jaco Brummer (KPMG) 88:55. **Masters:** 1 Tidimalo Modiga (MiWay) 85:19; 2 Paul Mabena (Ford) 91:07; 3 Burger Linde (Vitality) 92:36. **G'masters:** 1 Johnny v.d. Walt (Runavation) 1:45:31; 2 Anton Reynders (Kempton) 1:48:45. **G/g'masters:** 1 Pele Tshidundamalema (Nedbank) 1:47:00.

WOMEN

1 Renate Vosloo (Sunninghill) 85:51; 2 Annerie Kruger (Magnolia) 89:18; 2 Mitsie v.d. Westhuizen (KPMG) 91:07 (1st vet).

Veterans: 1 Mitsie v.d. Westhuizen (KPMG) 91:07; 2 Sonet Marias-Werner (Agape) 1:42:43; 3 Cornia Broere (Tuks) 1:45:43. **Masters:** 1 Julie Soicher (Rockies) 96:35; 2 Debbie Bredenkamp (HQH) 1:41:01; 3 Connie Blom (Runavation) 1:47:21. **G'masters:** 1 Carole de Waal (Wingate) 1:55:10; 2 Rina Naude (PMK) 2:28:25.

10 km

MEN

1 Reghen Magwai (Born 2 Run) 33:41; 2 James Mgcina (Sports Connection) 33:44 (1st vet); 3 Greg Barnes (Born 2 Run) 34:12.

Veterans: 1 James Mgcina (Sports Connection) 33:44; 2 Greg Barnes (Born 2 Run) 34:12; 3 Enoch Skosana (Nedbank) 36:55. **Masters:** 1 Joseph Moloto (PMMC) 40:02; 2 Peter Jaehne (Outeniqua) 40:03; 3 Alfred Mantji (Nedbank) 40:07. **G'masters:** 1 Lourens Smit (Irene) 51:41; 2 Arthur Valasis (Modern Athlete) 52:06. **G/g'masters:** 1 Elias Raphulu (The Runners Store) 48:47. **80+:** 1 Ken Nurden (Agape) 55:07. **Juniors:** 1 Thato Setshoho (Bophelong) 37:55.

WOMEN

1 Glenrose Xaba (Boxer) 37:55; 2 Danielle Jordaan (Oos Moot) 43:24; 3 Marielle Muller (FFA) 44:35.

Veterans: 1 Susan Rossouw (CSIR) 47:40; 2 Mercia van Vuuren (HQH) 50:13; 3 Amanda Vermaak (Randburg) 51:38. **Masters:** 1 Maria Bendana (Morningside) 46:50; 2 Ansie Breytenbach (Irene) 47:26; 3 Elise Uys (Magnolia) 51:46. **G'masters:** 1 Joey Cloete (Irene) 67:20; 2 Petro Vermaak (CSIR) 68:17. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 57:40. **80+:** 1 Deirdre Larkin (Randburg) 63:27. **Juniors:** 1 Chantelle Schulz (Wingate) 53:32.

Totalsports Women's Race 10 km

(Women only)

Cape Town, 9 August

(Certified loop course, quite hilly. Finishers: 4048 [considerably up from 2708 last year].)

Note: Unfortunately clubs were not indicated. The finisher figure does not include the male participants in the race. -- Ed.

1	Lebogang	PHALULA	34:21
2	Nolene	CONRAD	34:59
3	Zintle	XINIWE	35:38
4	Vuyiseka	NKUMENGE	37:12
5	Bulelwa	SIMAE	37:32
6	Ulrica	STANDER	38:09
7	Candyce	HALL	39:13
8	Megan	DEMPSTER	39:59
9	Ivy	SOGIBA	40:05
10	Obertina	KANYONGO (ZIM)	40:39
11	Melissa	LAING	40:44
12	Suzette	VERMAAK MCIVOR	41:16
13	Katherine	ANTEL	41:51
14	Olga	HOWARD	42:51
15	Cleo	ALBERTUS	42:56
16	Jana	LE ROUX	42:58
17	Imelda	VAN DEN BERG	43:10
18	Mariëtte	STRAUSS	43:17
19	Alexandra	STUART-SMITH	43:25
20	Kirsten	ROODMAN	43:28

Veterans: 1. Bulelwa Simae 37:32; 2. Ulrica Stander 38:09; 3. Suzette Vermaak McIvor 41:16. **Masters:** 1. Obertina Kanyongo (ZIM) 40:39; 2. Olga Howard 42:51; 3. Mariëtte Strauss 43:17. **G'masters:** 1. Colleen Peens 47:10; 2. Charmaine Cupido 49:03; 3. Helen du Plessis 52:19. **G/g'masters:** 1. Mariëtha Herbert (Bell) 53:36; 2. Pixie Sparg 56:18; 3. Marie Hill 80:26. **Juniors:** 1. Jana le Roux 42:58; 2. Kirsten Roodman 43:28; 3. Robin Lund 44:22.

Totalsports Women's Race 10 km

(Women only)

Johannesburg, 9 August

(Course configuration unknown. Finishers: 4898 [up from 4275 last year].)

Note: Unfortunately no clubs or age category results were available. The finisher figure does not include the male participants in the race. -- Ed.

1	Irvette	Van Zyl	34:09
2	Glenrose	Xaba	34:37
3	Maria	Shai	36:08
4	Cornelia	Joubert	36:37
5	Christine	Kalmer	37:26
6	Nqobile Thobile	Vilakazi	38:14
7	Katy	Van Meter	38:24
8	Yolande	Maclean	38:57
9	Maria	Vilakazi	39:09
10	Judy	Bird	39:35
11	Liza	Kellerman	40:22
12	Lizzy	Babali	40:45
13	Franza	Landman	41:52
14	Leticia	Byrds	41:59
15	Heidi	Williams-Sutton	42:01
16	Ricci-Lee	Brookstone	42:14
17	Olivia	Gadisi	42:16
18	Ashleigh	Schnetler	42:37
19	Bodene	Nienaber	42:44
20	Busi	Pheko	42:49

Castle Walk Centre 10 km

Pretoria, 9 August

(Loop course. Finishers: 950 [up from 740 last year].)

MEN

1 Frans Mogashoa (Wingate) 37:42; 2 Judas Ntuli (Magnolia) 38:03 (1st vet); 3 Marco Ruthven (Tuks) 38:38.

Veterans: 1 Judas Ntuli (Magnolia) 38:03; 2 Sello Ramoloko (Runavation) 40:09; 3 Siphon Mahlangu (Runavation) 41:39. **Masters:** 1 Johannes Molepo (CS) 43:50; 2 Burger Linde (Vitality) 44:57; 3 Willie Fourie (CSIR) 48:10. **G'masters:** 1 Lourens Smit (Irene) 58:48; 2 James da Silva (CSIR) 60:19; 3 Neville Young (CSIR) 60:59. **G/g'masters:** 1 Ian MacFadyen (Irene) 60:33; 2 Danie Roux (Kempton) 71:59; 3 Bert v.d. Raad (ACRW) 76:13. **Juniors:** 1 Thato Setshoho (Bophelong) 41:04; 2 Bongani Ntuli (Magnolia) 47:46.

WOMEN

1 Carlyn Fisher (Temp) 41:05; 2 Danielle Jordaan (Oss Moot) 47:46; 3 Sunette Schoonraad (Nedbank) 48:45.

Veterans: 1 Susan Rossouw (CSIR) 51:48; 2 Tracy Housden (Phobians) 53:22; 3 Eloise van Schalkwyk (Agape) 55:40. **Masters:** 1 Debbie Bredenkamp (HQH) 50:43; 2 Lynette Fisher (Phobians) 52:28; 3 Ansie Breytenbach (Irene) 52:34. **G'masters:** 1 Francis van Blerk (Nedbank) 54:25; 2 Carole de Waal (Wingate) 58:00; 3 Joey Cloete (Irene) 68:01. **G/g'masters:** 1 Wendy Muir (Phobians) 1:58:37. **80+:** 1 Deirdre Larkin (Randburg) 74:47.

Women's Day 10 km

George, 9 August

(Finishers: 147)

Note: The first three women respectively finished third (junior Stephany Petro), sixth (Cecilia Nel) and tenth (Brittney-Ann Meyer, another junior) overall. -- Ed.

MEN

1	Booi Salman	Nedbank	43	35:27
2	Jerome Ferland	Nedbank	18	36:27
3	Patrick Peters	MSC	53	40:22
4	Pat-Mario Meyer	Nedbank	15	41:30
5	Eddie Mouton	Nedbank	43	41:52
6	Peter Chauke	MSC	31	42:22
7	Reynard van Straaten	Outeniqua	33	43:15
8	Thys du Plessis	MSC	44	43:34
9	Johannes van der Berg	Outeniqua	34	43:34
10	Andre du Preez	Nedbank	51	44:16

WOMEN

1	Stephany Petro	Nedbank	15	39:28
2	Cecilia Nel	Nedbank	35	41:52
3	Brittney-Ann Meyer	Nedbank	16	43:26
4	Nerida Lubbe	Hartenbos	41	43:40
5	Teresa Bester	Nedbank	42	46:02
6	Annakie Pretorius	Hartenbos	38	47:05
7	Elmari du Plessis	Hartenbos	32	47:44
8	Johanna Claassen	Nedbank	48	47:48
9	Chantell Barkhuizen	Hartenbos	37	48:34
10	Virginia van Schalkwyk	Hartenbos	53	48:34

Veterans:

1 Nerida Lubbe Hartenbos 43:40

Masters:

1 Kleintjie vanSchalkwyk Hartenbos 48:34

G'masters:

1 Monica Kriel Hartenbos 51:55

G/g'masters:

1 Jean Merrills Sedgiefield 1:21:16

Juniors:

1 Stephany Petro Nedbank 39:28

CROSS-COUNTRY**KZNA Championships**

Richmond, 12 August

MEN (10 km)

1.	Bonginkosi Zwane	Boxer AC	37:04
2.	Sipho "Gift" Mbanjwa	Phantane AC	37:08
3.	Mthokozisi Mazibuko	Speed Exp	37:58
4.	Mziwenkosi Mjaja	Nedbank	38:21
5.	Sphesiwe Masondo	Utrecht	38:27
6.	Phalang Mosiea	Arthur Ford	38:28
7.	Siphokuhle Shoba		40:43
8.	Siphiwe Ndlela	Nedbank	41:00
9.	Mlungisi Sibiya	Umkomaas	43:19
10.	Senzeni Thomas	Speed Exp	43:55

WOMEN (10 km)

1.	Nwabisa Mjoli	Hollywood Bets AC	46:47
2.	Thobile Mkhize	Speed Exp	47:19
3.	Bathobile Mkhize	Speed Exp	47:42
4.	Nokuthula Ntshangase	Savages	48:04
5.	Slindile Chili	eThekwini	48:51
6.	Makhozi Mhlongo	32Gi	51:09
7.	Nontokozo Mkhize	Nedbank	51:27
8.	Nkosingiphile Nene	Newcastle	63:10

WP League Meeting (8th)

Elfindale, 6 August

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

SR. MEN (10 km)

1	Nadeel	Wildschutt	Itheko	32:54
2	Lukhanyo	Nobakada	VOB	33:29
3	Akhona	Makila	VOB	34:14
4	Xolisa	Batala	Nedbank	34:26
5	Warren	Hefkie	UWC	34:41
6	Hein	Camphor	Itheko	35:11
7	Bulelane	Bhebha	VOB	35:14
8	Marks	Mpekula	VOB	35:15
9	Asemahle	Kwatsha	Gugs	36:16
10	Eugene	Poss	ATC Running	37:32

SR. MEN

1	Anthony	Timoteus	UWC	12:31
2	McMarshall	Hartzenberg	UWC	12:37
3	Rowhaldo	Ratz	UWC	12:39
4	Sibusiso	Magwaza	UWC	12:52
5	Emiele	Paulsen	MSA Multi-Sport	12:53
6	Bruce-Lynn	Damons	Kuils River	12:55
7	Granwin	Katzen	Celtic Harriers	13:11
8	Duran	Faro	UWC	13:12
9	André	Afrika	Eerste River	13:26
10	Kaleb	Beukes	Kuils River RC	13:33

VETERAN MEN (8 km)

1	Vakalisa	Kopolo	Nedbank	27:42
2	Bonisile	Ngculana	VOB	27:51
3	Shawn	Abrahams	Kuils River	28:11

MASTER MEN (8 km)

1	Tobias	Philander	Itheko	30:29
2	Eric	Coetzee	Gugs	31:26
3	Chris	Mitchell	Celtic Harriers	32:05

G'MASTER MEN (8 km)

1	Goodman	Mpukane	Gugs	35:21
2	Christian	Edwards	VOB	37:34
3	Paul	Fortuin	VOB	39:47

G/G'MASTER MEN (8 km)

1	Claude	Brooks	Midas Spartans	47:18
2	Bart	Jonck	West Coast	48:53
3	Manfred	Geutner	Pinelands	49:03

U.20 (8 km)

1	Adrian	Wildschutt	Itheko	26:01
2	Tobie	Lewies	UWC	27:18
3	Franklin	September	Velocity	27:38

U.18 (6 km)

1	Carlo	Flink	Itheko	20:12
2	Oliver	Stewart	Atlantic	20:19
3	Ruschin	Fortuin	UWC	21:01

SR. WOMEN (10 km)

1	Vuyiseka	Nkumenge	Nedbank	39:35
2	Lee-Shay	Willemse	Velocity	41:25
3	Ivy	Gongqa	Nedbank	42:54
4	Candyce	Hall	Carbineers	43:06
5	Madelé	du Plessis	Edgemead	44:26
6	Letitia	Smith	Carbineers	50:35
7	Alexis	Sacks	Carbineers	54:17
8	Nobuntu	Mgqoboka	Gugs	55:09
9	Nicky	Hill	Carbineers	55:53
10	Simone	Faulmann	Spartan Harriers	57:29

SR. WOMEN

1	Anel	Terblanche	KPMG	15:25
2	Lee-Shay	Willemse	Velocity	15:59
3	Nolubabalu	Dyonase	VOB	16:23
4	Nocwaka	Mthetho	MSA Multi-Sport	19:05
5	Ester	Brink	Carbineers	19:23
6	Kaylon	Herman	Helderberg Harr	20:04
7	Busisiwe	Gwala	VOB	20:05
8	Monique	Roberts	Bellville	20:13
9	Chantal	September	Spartan Harriers	20:45
10	Iviwe	Zangqa	CPUT	20:53

VETERAN WOMEN

1	Busisiwe	Matiwane	Nedbank	17:25
2	Sharon	Sunderland	Nedbank	17:45
3	Coriaan	de Villiers	Nedbank	17:53

MASTER WOMEN

1	Olga	Howard	Nedbank	17:34
2	Ester	Brink	Carbineers	17:35
3	Mariëtte	Strauss	Tygerberg	17:41

G'MASTER WOMEN

1	Hilary	Rhode	Edgemead	20:19
2	Denise	Behrens	VOB	21:15
3	Colette	van Eck	Fish Hoek	21:26

G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	23:37
2	Margaret	Harrison	Fish Hoek	30:28
3	Peggy	Reid (80)	Spartan Harriers	34:51

U.20 (6 km)

1	Kirsten	Roodman	VOB	25:56
2	Busiseka	Posiso (13)	Gugs	26:34
3	Simone	Adams	Bottelary	27:19

U.18

1	Kayla	de Waal	CC	15:26
2	Athemba	Nqumashe	Bottelary	16:01
3	Kia	Gibbs	VOB	16:24

KZN League Meeting (13th)

Kwa-Ximba, 5 August

(Distance: 10 km)

SR. MEN

1	Bonginkosi	Zwane	Boxer	25	32:00
2	Sipho Gift	Mbanjwa	Phantane AC	22	32:06
3	Slindile	Gubese	Phantane	30	32:15
4	Nkosinathi	Sibiya	Phantane	23	33:21
5	Mziwenkosi	Mjaja	Nedbank	28	33:34
6	Nkosinathi	Duma	Arthur Ford	30	33:38
7	Anele	Dlamini	Phantane AC	30	34:13
8	DQ --	licence sharing			34:27
9	Sphesiwe	Iloyd Masondo	Utrecht AC	24	34:38
10	Mthokozisi	Mazibuko	Speed Explosion	20	35:19

SR. WOMEN

1	Nwabisa	Mjoli	Hollywood Bets	25	39:21
2	Makhozi	Mhlongo	32Gi	35	41:18
3	Thobile	Mkhize	Speed Explosion	20	41:28
4	Nontokozi	Mkhize	Nedbank	25	42:17
5	Fikile	Mbuthuma	Nedbank	36	42:19
6	Nokuthula	Ntshangase	Savages	25	42:36
7	Sanelisiwe	Mbanjwa	Phantane	27	43:20
8	Zandile	Mchunu	Hlophni	48	48:08
9	Hleziphi	Ncayiyana	Nedbank	46	55:16
10	Nkocy	Zondo	Nedbank	34	59:20

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

IAAF World Championships in Athletics Marathons (16th)

London, GBR, 6 August

(Distance: 42.195 km; IAAF-certified four-loop course through Central London with start/finish on Tower Bridge. Format: Separate men's and women's races; men started at 10:55 and women started at 14:00.)

MEN (gun times)

1. Geoffrey KIRUI, KEN	2:08:27 SB Gold	USD 60,000
[1:05:28 / 1:03:24]		
2. Tamirat TOLA, ETH	2:09:49 Silver	30,000
[1:05:28 / 1:04:21]		
3. Alphonse SIMBU, TAN	2:09:51 Bronze	20,000
[1:05:31 / 1:04:20]		
4. Callum HAWKINS, GBR	2:10:17 PB	15,000
5. Gideon KIPKETER, KEN	2:10:56	10,000
6. Daniele MEUCCI, ITA	2:10:56 PB	6,000
7. Yohanes GHEBREGERGIS, ERI	2:12:07	5,000
8. Daniel WANJIRU, KEN	2:12:16	4,000
9. Yuki KAWAUCHI, JPN	2:12:19	
10. Kentaro NAKAMOTO, JPN	2:12:41	
11. Munyo Solomon MUTAI, UGA	2:13:29	
12. Ezekiel JAFARY, TAN	2:14:05	
13. Abdi Hakin ULAD, DEN	2:14:22 SB	
14. Kaan Kigen OZBILEN, TUR	2:14:29 SB	
15. Shumi DECHASA, BRN	2:15:08 SB	
16. Elkanah KIBET, USA	2:15:14	
17. Javier GUERRA, ESP	2:15:22	
18. Ihor OLEFIRENKO, UKR	2:15:34 SB	
19. Tsegaye MEKONNEN, ETH	2:15:36	
20. Ernesto Andrés ZAMORA, URU	2:16:00 PB	
21. Desmond MOKGOBU, RSA	2:16:14	
Lebenya NKOKA, LES	DNF	
Cutbert NYASANGO, ZIM	DNF	
Sibusiso NZIMA, RSA	DNF	
Lusapho APRIL, RSA	DNS	

WOMEN (gun times)

1. Rose CHELIMO, BRN	2:27:11 SB	USD 60,000
[1:14:53 / 1:12:18]		
2. Edna KIPLAGAT, KEN	2:27:18 SB	30,000
[1:14:52 / 1:12:26]		
3. Amy CRAGG, USA	2:27:18 SB	20,000
[1:14:52 / 1:12:26]		
4. Flomena Cheyech DANIEL, KEN	2:27:21	15,000
5. Shure DEMISE, ETH	2:27:58	10,000
6. Eunice KIRWA, BRN	2:28:17	6,000
7. Helah KIPROP, KEN	2:28:19	5,000
8. Mare DIBABA, ETH	2:28:49 SB	4,000
9. Jessica TRENGOVE, AUS	2:28:59	
10. Berhane DIBABA, ETH	2:29:01	

11. Serena BURLA, USA	2:29:32
12. Aselefech MERGIA, ETH	2:29:43
13. Charlotte PURDUE, GBR	2:29:48
14. Eva VRABCOVÁ NYVLTOVÁ, CZE	2:29:56 PB
15. KIM Hye-Gyong, PRK	2:30:29 SB
16. Mao KIYOTA, JPN	2:30:36
17. Yuka ANDO, JPN	2:31:31
18. Alyson DIXON, GBR	2:31:36
19. Helalia JOHANNES, NAM	2:32:01
20. Sinead DIVER, AUS	2:33:26
... 30. Beata NAIGAMBO, NAM	2:37:24 SB
... 40. Mapaseka MAKHANYA, RSA	2:40:15 SB
... 47. Rutendo Joan NYAHORA, ZIM	2:42:53 SB
... 50. Lavinia HAITOPE, NAM	2:44:02
... 59. Jenna CHALLENGER, RSA	2:47:22 SB
... 74. Fortunate CHIDZIVO, ZIM	2:58:51 SB

TD Beach to Beacon 10 km (20th)

Cape Elizabeth, USA, 5 August

(Certified point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

Note: The founder of the race, Joan Benoit Samuelson, celebrated its 20th anniversary by running with Deena Kastor. They finished together in 39:21 and 39:22. -- Ed.

MEN (gun times; extended times in brackets)

1. Stephen Kosgei Kibet, 30, KEN	27:55	[27:54.1]	\$10,000
2. Ben True, 31, W. Lebanon, NH	27:56	[27:55.3]	5,000 + 5000a
3. Leonard Barsoton, 22, KEN	28:00	[27:59.4]	3,000
4. Stephen Sambu, 29, Tucson, AZ (KEN)	28:16	[28:15.8]	2,000
5. Clement Langat, 25, KEN	28:42	[28:41.4]	1,000

a) Earned American prize money

ELITE WOMEN START (gun times; extended times in brackets)-

1. Mary Keitany, 35, Nairobi, KEN	30:41	CR/PB [30:41.0]	\$10,000 + 2500c
2. Purity Rionoripo, 24, KEN	31:01	PB [31:00.1]	5,000
3. Meseret Defar, 33, ETH	31:14	PB [31:13.9]	3,000
4. Shalane Flanagan, 36, Portland, OR	31:15	[31:14.2]	2,000 + 5000a
5. Diane Nukuri, 32, Flagstaff, AZ (BDI)	32:10	[32:09.9]	1,000
... 7. Jordan Hasay, 25, Beaverton, OR	32:37	[32:36.8]	800 + 3000a
DNF-- Joyce Chepkirui, 28, KEN	[Injury]		

c) Earned course record bonus

a) Earned American prize money

TRACK

IAAF World Championships in Athletics (16th)

London Stadium, Queen Elizabeth Olympic Park, London, GBR, 4-13 August

MEN

800 (08):

1. Pierre-Ambroise BOSSE, FRA	1:44.67	SB Gold
2. Adam KSZCZOT, POL	1:44.95	SB Silver

3. Kipyegon BETT, KEN	1:45.21	Bronze
4. Kyle LANGFORD, GBR	1:45.25	PB
5. Nijel AMOS, BOT	1:45.83	
6. Mohammed AMAN, ETH	1:46.06	
7. Thiago ANDRÉ, BRA	1:46.30	
8. Brandon MCBRIDE, CAN	1:47.09	

400 split: 50.78, McBride

Semi-Finals (06): Advance top 2 from each heat plus next 2 times to final

Heat 1:

1. Adam KSZCZOT, POL	1:46.24	Q
2. Nijel AMOS, BOT	1:46.29	Q
3. Ferguson Cheruiyot ROTICH, KEN	1:46.49	
4. Isaiah HARRIS, USA	1:46.66	
5. Guy LEARMONTH, GBR	1:46.75	
6. Elliot GILES, GBR	1:46.95	
7. Abdessalem AYOUNI, TUN	1:47.39	
8. Kevin LÓPEZ, ESP	1:47.62	

Heat 2:

1. Brandon MCBRIDE, CAN	1:45.53	Q
2. Kyle LANGFORD, GBR	1:45.81	Q
3. Marcin LEWANDOWSKI, POL	1:45.93	
4. Emmanuel KORIR, KEN	1:46.08	
5. Drew WINDLE, USA	1:46.33	
6. Ebrahim ALZOFAIRI, KUW	1:46.68	
7. Antoine GAKEME, BDI	1:47.08	

Thijmen KUPERS, NED, DNS (injured himself warming up)

Heat 3:

1. Kipyegon BETT, KEN	1:45.02	Q
2. Mohammed AMAN, ETH	1:45.40	Q SB
3. Pierre-Ambroise BOSSE, FRA	1:45.63	q
4. Thiago ANDRÉ, BRA	1:45.83	q
5. Michal ROZMYS, POL	1:46.10	
6. Andreas KRAMER, SWE	1:46.25	
7. Donovan BRAZIER, USA	1:46.27	
8. Álvaro DE ARRIBA, ESP	1:46.64	

Prelims (05): Advance top 3 from each heat plus next 6 times to semi-finals

Heat 1:

1. Kipyegon BETT, KEN	1:45.76	Q
2. Andreas KRAMER, SWE	1:45.98	Q
3. Drew WINDLE, USA	1:46.08	Q
4. Abdessalem AYOUNI, TUN	1:46.19	q
5. Andrés ARROYO, PUR	1:46.46	
6. Edose IBADIN, NGR	1:46.51	
7. Saud ALZAABI, UAE	1:53.34	
8. Pyae Sone MAUNG, MYA	2:13.38	
Amine BELFERAR, ALG	DNF	

Heat 2:

1. Thijmen KUPERS, NED	1:45.53	Q
2. Brandon MCBRIDE, CAN	1:45.69	Q
3. Kevin LÓPEZ, ESP	1:45.77	Q
4. Antoine GAKEME, BDI	1:45.97	q
5. Kyle LANGFORD, GBR	1:46.38	q

- | | |
|-----------------------------|------------|
| 6. Jesús Tonatiu LÓPEZ, MEX | 1:46.71 |
| 7. Leandro PARIS, ARG | 1:47.09 PB |
| 8. Pol MOYA, AND | 1:49.06 |

Heat 3:

- | | |
|-----------------------------------|--------------|
| 1. Ferguson Cheruiyot ROTICH, KEN | 1:45.77 Q |
| 2. Isaiah HARRIS, USA | 1:45.82 Q |
| 3. Elliot GILES, GBR | 1:45.86 Q |
| 4. Ebrahim ALZOFAIRI, KUW | 1:46.29 q PB |
| 5. Álvaro DE ARRIBA, ESP | 1:46.42 q |
| 6. Abdelati EL GUESSE, MAR | 1:46.74 |
| 7. Ryan SÁNCHEZ, PUR | 1:50.74 |
| Wesam ALMASSRI, PLE | DNS |

Heat 4:

- | | |
|----------------------------|------------|
| 1. Emmanuel KORIR, KEN | 1:47.08 Q |
| 2. Michal ROZMYS, POL | 1:47.09 Q |
| 3. Thiago ANDRE, BRA | 1:47.22 Q |
| 4. Alex AMANKWAH, GHA | 1:47.56 |
| 5. Marc REUTHER, GER | 1:47.78 |
| 6. Samir DAHMANI, FRA | 1:48.62 |
| 7. Peter BOL, AUS | 1:49.65 |
| 8. Ahmed Bashir FARAH, ART | 1:50.04 PB |

Heat 5:

- | | |
|-------------------------------|-----------|
| 1. Nijel AMOS, BOT | 1:47.10 Q |
| 2. Pierre-Ambroise BOSSE, FRA | 1:47.25 Q |
| 3. Adam KSZCZOT, POL | 1:47.36 Q |
| 4. Mostafa SMAILI, MAR | 1:47.50 |
| 5. Mark ENGLISH, IRL | 1:48.01 |
| 6. Abu Salim MAYANJA, UGA | 1:48.11 |
| 7. Francky MBOTTO, CAF | 1:51.76 |
| Hamada MOHAMED, EGY | DNF |

Heat 6:

- | | |
|----------------------------|-----------|
| 1. Donavan BRAZIER, USA | 1:45.65 Q |
| 2. Mohammed AMAN, ETH | 1:45.81 Q |
| 3. Guy LEARMONTH, GBR | 1:45.90 Q |
| 4. Marcin LEWANDOWSKI, POL | 1:46.17 q |
| 5. Amel TUKA, BIH | 1:46.54 |
| 6. Astrit KRYEZIU, KOS | 1:49.94 |
| Daniel ANDÚJAR, ESP | DQ |
| Michael SARUNI, KEN | DNS |

1500 (13):

- | | |
|----------------------------|----------------|
| 1. Elijah MANANGOI, KEN | 3:33.61 Gold |
| 2. Timothy CHERUIYOT, KEN | 3:33.99 Silver |
| 3. Filip INGEBRIGTSEN, NOR | 3:34.53 Bronze |
| 4. Adel MECHAAL, ESP | 3:34.71 |
| 5. Jakub HOLUŠA, CZE | 3:34.89 |
| 6. Sadik MIKHOU, BRN | 3:35.81 |
| 7. Marcin LEWANDOWSKI, POL | 3:36.02 |
| 8. Nick WILLIS, NZL | 3:36.82 |
| 9. Asbel KIPROP, KEN | 3:37.24 |
| 10. Johnny GREGOREK, USA | 3:37.56 |
| 11. Fouad ELKAAM, MAR | 3:37.72 |
| 12. Chris O'HARE, GBR | 3:38.28 |

Splits: 400: 1:01.63 (Cheruiyot), 800: 1:57.59 (Cheruiyot), 1200: 2:53.68 (Cheruiyot)

Semi-Finals (11): Advance top 5 from each heat plus next two times to final

Heat 1:

1. Elijah MANANGOI, KEN	3:40.10 Q
2. Asbel KIPROP, KEN	3:40.14 Q
3. Filip INGEBRIGTSEN, NOR	3:40.23 Q
4. Sadik MIKHOU, BRN	3:40.52 Q
5. Adel MECHAAL, ESP	3:40.60 Q
6. Abdalaati IGUIDER, MAR	3:40.76
7. Luke MATHEWS, AUS	3:40.91
8. Jake WIGHTMAN, GBR	3:41.79
9. Ronald MUSAGALA, UGA	3:42.01
10. Michal ROZMYS, POL	3:42.94
11. Timo BENITZ, GER	3:44.38
Robby ANDREWS, USA, DNF (right calf cramp with 480m to go)	

Heat 2:

1. Jakub HOLUŠA, CZE	3:38.05 Q
2. Timothy CHERUIYOT, KEN	3:38.24 Q
3. Marcin LEWANDOWSKI, POL	3:38.32 Q
4. Chris O'HARE, GBR	3:38.59 Q
5. Fouad ELKAAM, MAR	3:38.64 Q
6. Nick WILLIS, NZL	3:38.68 q
7. Johnny GREGOREK, USA	3:38.68 q
8. Jordy WILLIAMSZ, AUS	3:38.93
9. Ronald KWEMOI, KEN	3:39.47
10. Homiyu TEFAYE, GER	3:39.72
11. Kalle BERGLUND, SWE	3:40.05
12. Benson Kiplagat SEUREI, BRN	3:40.96
13. Richard DOUMA, NED	3:47.74

Prelims (10): Advance top 6 from each heat plus next 6 times to semi-finals

Heat 1:

1. Elijah MANANGOI, KEN	3:45.93 Q
2. Asbel KIPROP, KEN	3:45.96 Q
3. Timo BENITZ, GER	3:46.01 Q
4. Abdalaati IGUIDER, MAR	3:46.03 Q
5. Marcin LEWANDOWSKI, POL	3:46.06 Q
6. Jordy WILLIAMSZ, AUS	3:46.11 Q
7. Mahiedine MEKHISSI, FRA	3:46.17
8. Samuel TEFERA, ETH	3:46.22
9. David TORRENCE, PER	3:46.39
10. Ayanleh SOULEIMAN, DJI	3:46.64
11. Josh KERR, GBR	3:47.30
12. Abderrahmane ANOU, ALG	3:47.38
13. David BUSTOS, ESP	3:47.52
14. Matthew CENTROWITZ, USA	3:48.34
Thiago ANDRÉ, BRA	DNS

Heat 2:

1. Sadik MIKHOU, BRN	3:42.12 Q
2. Jakub HOLUŠA, CZE	3:42.31 Q
3. Chris O'HARE, GBR	3:42.53 Q
4. Ronald MUSAGALA, UGA	3:42.75 Q
5. Nick WILLIS, NZL	3:42.75 Q
6. Robby ANDREWS, USA	3:43.03 Q

7. Ronald KWEMOI, KEN	3:43.10 q
8. Federico BRUNO, ARG	3:43.16
9. Ryan GREGSON, AUS	3:43.28
10. Marc ALCALÁ, ESP	3:43.28
11. Benjamín ENZEMA, GEQ	3:48.39
12. Dominic Lokinyomo LOBALU, ART	3:52.78 PB
13. Richard DOUMA, NED	3:55.36 q (advanced on protest)
Brahim AKACHAB, MAR	DNS
Chala REGASSA, ETH	DNS

Heat 3:

1. Luke MATHEWS, AUS	3:38.19 Q
2. Timothy CHERUIYOT, KEN	3:38.41 Q
3. Filip INGBRIGTSEN, NOR	3:38.46 Q
4. Jake WIGHTMAN, GBR	3:38.50 Q
5. Homiyu TESFAYE, GER	3:38.57 Q
6. Adel MECHAAL, ESP	3:38.99 Q
7. Fouad ELKAAM, MAR	3:39.33 q
8. Johnny GREGOREK, USA	3:39.62 q
9. Kalle BERGLUND, SWE	3:39.62 q
10. Benson Kiplagat SEUREI, BRN	3:39.77 q
11. Michal ROZMYS, POL	3:40.28 q
12. Ismael DEBJANI, BEL	3:43.71
13. Harvey DIXON, GIB	3:44.03 NR
14. Erick RODRÍGUEZ, NCA	3:52.35 SB
Taresa TOLOSA, ETH	DNF

5000 (12):

1. Muktar EDRIS, ETH	13:32.79 Gold
[last 400 52.8 seconds]	
2. Mo FARAH, GBR	13:33.22 Silver
3. Paul CHELIMO, USA	13:33.30 Bronze
4. Yomif KEJELCHA, ETH	13:33.51
5. Selemon BAREGA, ETH	13:35.34
6. Mo AHMED, CAN	13:35.43
7. Aron KIFLE, ERI	13:36.91
8. Andy BUTCHART, GBR	13:38.73
9. Justyn KNIGHT, CAN	13:39.15
10. Kemoy CAMPBELL, JAM	13:39.74
11. Patrick TIERNAN, AUS	13:40.01
12. Birhanu BALEW, BRN	13:43.25
13. Cyrus RUTTO, KEN	13:48.64
14. Awet HABTE, ERI	13:58.68
Ryan HILL, USA	DNS (viral illness)

Prelims (09): Advance top 5 from each heat plus next 5 times to final

Heat 1:

1. Yomif KEJELCHA, ETH	13:30.07 Q
2. Mo FARAH, GBR	13:30.18 Q
3. Muktar EDRIS, ETH	13:30.22 Q
4. Justyn KNIGHT, CAN	13:30.27 Q
5. Aron KIFLE, ERI	13:30.36 Q
6. Bashir ABDI, BEL	13:30.71
7. Morgan MCDONALD, AUS	13:30.73
8. Soufiyan BOUQANTAR, MAR	13:30.78
9. Jacob KIPLIMO, UGA	13:30.92
10. Eric JENKINS, USA	13:31.09

11. Sam MCENTEE, AUS 13:31.58
12. Hayle IBRAHIMOV, AZE 13:32.15
13. Emmanuel Giniki GISAMODA, TAN 13:32.31
14. Albert ROP, BRN 13:32.40
15. Lakshmanan GOVINDAN, IND 13:35.69 PB
16. Illias FIFA, ESP 13:47.90
17. Kadar Omar ABDULLAHI, ART 14:32.67 PB
18. Mohamed Daud MOHAMED, SOM 14:34.27 PB
19. Davis KIPLANGAT, KEN 14:52.98
20. David KULANG, SSD, 14:53.19 SB
21. Mohamed SAMBE, MTN 16:16.29 PB

Heat 2:

1. Selemon BAREGA, ETH 13:21.50 Q
2. Birhanu BALEW, BRN 13:21.91 Q
3. Cyrus RUTTO, KEN 13:22.45 Q
4. Patrick TIERNAN, AUS 13:22.52 Q
5. Ryan HILL, USA 13:22.79 Q
6. Mo AHMED, CAN 13:22.97 q
7. Andy BUTCHART, GBR 13:24.78 q
8. Paul CHELIMO, USA 13:24.88 q
9. Kemoy CAMPBELL, JAM 13:26.67 q
10. Awet HABTE, ERI 13:27.70 q
11. Soufiane BOUCHIKHI, BEL 13:28.64
12. Jamal Abdi DIRIEH, DJI 13:28.98
13. Zouhair AOUAD, BRN 13:29.28
14. Sondre Nordstad MOEN, NOR 13:31.71
15. Stephen KISSA, UGA 13:32.86
16. Josphat Kiprono MENJO, KEN 13:35.68 (fell)
17. Richard RINGER, GER 13:36.87
18. Marc SCOTT, GBR 13:58.11
- Brahim KAAZOUZI, MAR DNF
- Gabriel GEAY, TAN DNS
- Hagos GEBRHIWET, ETH DNS

10000 (04):

1. Mo FARAH, GBR 26:49.51 WL Gold
[last lap 55.7 seconds]
2. Joshua CHEPTEGEI, UGA 26:49.94 PB Silver
3. Paul TANUI, KEN 26:50.60 SB Bronze
4. Bedan Karoki MUCHIRI, KEN 26:52.12 PB
5. Jemal YIMER, ETH 26:56.11 PB
6. Geoffrey KAMWOROR, KEN 26:57.77 SB
7. Abadi HADIS, ETH 26:59.19 SB
8. Mohammed AHMED, CAN 27:02.35 NR
9. Shadrack KIPCHIRCHIR, USA 27:07.55 PB
10. Andamlak BELIHU, ETH 27:08.94 PB
11. Aron KIFLE, ERI 27:09.92 PB
12. Abraham CHEROBEN, BRN 27:11.08 NR
13. Leonard KORIR, USA 27:20.18 PB
14. Timothy TOROITICH, UGA 27:21.09 PB
15. Hassan MEAD, USA 27:32.49 PB
16. Zane ROBERTSON, NZL 27:48.59 SB
17. Hiskel TEWELDE, ERI 27:49.62 SB
18. Moses KURONG, UGA 27:50.71
19. Onesphore NZIKWINKUNDA, BDI 28:09.98 PB
20. Stephen MOKOKA, RSA 28:14.67 SB

21. Bayron PIEDRA, ECU	28:50.72 SB
22. Patrick TIERNAN, AUS	29:23.72
Nguse AMLOSOM, ERI	DNF
Polat Kemboi ARIKAN, TUR	DNF

Intermediate times:

1000	2:39.48	Cheptegei
2000	5:25.45	Kamworor
3000	8:09.13	Cheptegei
4000	10:53.80	Cheptegei
5000	13:33.74	Karoki
6000	16:17.50	Kamworor
7000	19:02.21	Chetegei
8000	21:40.98	Cheptegei
9000	24:20.05	Hadis

3000 s/chase (08):

1. Conseslus KIPRUTO, KEN	8:14.12	Gold
2. Soufiane ELBAKKALI, MAR	8:14.49	Silver
3. Evan JAGER, USA	8:15.53	Bronze
4. Mahiedine MEKHISSI, FRA	8:15.80	
5. Stanley KEBENEI, USA	8:21.09	
6. Matt HUGHES, CAN	8:21.84	SB
7. Tesfaye DERIBA, ETH	8:22.12	
8. Tafese SEBOKA, ETH	8:23.02	
9. Getnet WALE, ETH	8:25.28	
10. Albert CHEMUTAI, UGA	8:25.94	
11. Ezekiel KEMBOI, KEN	8:29.38	
12. Jairus BIRECH, KEN	8:32.90	
13. Yoann KOWAL, FRA	8:34.53	
14. Jacob ARAPTANY, UGA	8:49.18	
Bilal TABTI, ALG		DQ

Splits: 1000: 2:51.81 (Seboka); 2000: 5:35.46 (Jager)

Prelims (06): Advance top 3 from each heat plus next 6 fastest to final

Heat 1:

1. Soufiane ELBAKKALI, MAR	8:22.60	Q
2. Mahiedine MEKHISSI, FRA	8:22.83	Q
3. Getnet WALE, ETH	8:23.00	Q
4. Bilal TABTI, ALG	8:23.28	q
5. Jairus BIRECH, KEN	8:23.84	q
6. Jacob ARAPTANY, UGA	8:25.86	q
7. Ala ZOGHLAMI, ITA	8:26.18	PB
8. Ole HESSELBJERG, DEN	8:27.86	PB
9. Krystian ZALEWSKI, POL	8:28.41	
10. Zak SEDDON, GBR	8:32.84	
11. Hossein KEYHANI, IRI	8:33.76	NR
12. José PEÑA, VEN	8:37.15	
13. Sebastián MARTOS, ESP	8:51.57	
14. Tarik Langat AKDAG, TUR	8:53.42	
Emil BLOMBERG, SWE		DNF

Heat 2:

1. Evan JAGER, USA	8:20.36	Q
2. Tafese SEBOKA, ETH	8:20.48	Q
3. Yoann KOWAL, FRA	8:20.60	Q
4. Ezekiel KEMBOI, KEN	8:20.61	q SB

5. Albert CHEMUTAI, UGA	8:23.18 q PB
6. Hichem BOUCHICHA, ALG	8:30.01
7. Mohamed ISMAIL IBRAHIM, DJI	8:33.77
8. Abdoullah BAMOUSSA, ITA	8:34.86
9. Yemane HAILESELASSIE, ERI	8:35.73
10. Fernando CARRO, ESP	8:38.42
11. Hicham SIGUENI, MAR	8:44.74
12. Mitko TSENOV, BUL	8:45.21
13. Hironori TSUETAKI, JPN	8:45.81
14. Raouf BOUBAKER, TUN	8:46.25
15. Ieuan THOMAS, GBR	8:52.96

Heat 3:

1. Conseslus KIPRUTO, KEN	8:23.80 Q
2. Stanley KEBENEI, USA	8:24.19 Q
3. Matthew HUGHES, CAN	8:24.79 Q SB
4. Tesfaye DERIBA, ETH	8:25.33 q
5. Hillary BOR, USA	8:27.53
6. Altobeli DA SILVA, BRA	8:31.82
7. Brimin Kiprop KIPRUTO, KEN	8:33.33
8. Jakob INGEBRIGTSEN, NOR	8:34.88
9. Napoleon SOLOMON, SWE	8:35.95
10. Yohanes CHIAPPINELLI, ITA	8:36.48
11. Jonathan ROMEO, ESP	8:38.05
12. Mohamed TINDOUFT, MAR	8:40.99
13. Boniface SIKOWO, UGA	8:43.86
14. Stewart MCSWEYN, AUS	8:47.53
15. Rob MULLETT, GBR	8:47.99

WOMEN

800 (13):

1. Caster SEMENYA, RSA	1:55.16 WL/ACR Gold
2. Francine NIYONSABA, BDI	1:55.92 Silver
3. Ajee' WILSON, USA	1:56.65 Bronze
4. Margaret WAMBUI, KEN	1:57.54
5. Melissa BISHOP, CAN	1:57.68
6. Angelika CICHOCKA, POL	1:58.41 PB
7. Charlene LIPSEY, USA	1:58.73
8. Lynsey SHARP, GBR	1:58.98

400 Split: 57.98 (Niyonsaba)

Semi-Finals (11): Advance first 2 from each heat plus next 2 times to final

Heat 1:

1. Ajee' WILSON, USA	1:59.21 Q
2. Melissa BISHOP, CAN	1:59.56 Q
3. Noélie YARIGO, BEN	1:59.74 SB
4. Rose Mary ALMANZA, CUB	1:59.79
5. Hedda HYNNE, NOR	1:59.88
6. Adelle TRACEY, GBR	2:00.26 PB
7. Hanna HERMANSSON, SWE	2:00.43 PB
8. Habitam ALEMU, ETH	2:00.69

Heat 2:

1. Caster SEMENYA, RSA	1:58.90 Q
2. Angelika CICHOCKA, POL	1:59.32 Q SB
3. Charlene LIPSEY, USA	1:59.35 q
4. Lynsey SHARP, GBR	1:59.47 q*

- | | |
|--------------------------|------------|
| 5. Selina BÜCHEL, SUI | 1:59.85 |
| 6. Egle BALCIÜNAITĖ, LTU | 2:00.48 SB |
| 7. Sanne VERSTEGEN, NED | 2:00.92 |
| 8. Docus AJOK, UGA | 2:02.00 |

*) Originally DQ'd for shoving Lipsey from behind just before the finish, but was reinstated on protest; she did, however, receive a yellow card for "unsportsmanlike conduct".

Heat 3:

- | | |
|-------------------------------|-----------|
| 1. Francine NIYONSABA, BDI | 2:01.11 Q |
| 2. Margaret WAMBUI, KEN | 2:01.19 Q |
| 3. Brenda MARTINEZ, USA | 2:01.31 |
| 4. Halima NAKAAYI, UGA | 2:01.74 |
| 5. Joanna JÓZWIK, POL | 2:01.91 |
| 6. Shelayna OSKAN-CLARKE, GBR | 2:02.26 |
| 7. Christina HERING, GER | 2:02.69 |
| 8. Gena LÖFSTRAND, RSA | 2:03.67 |

Prelims (10): Advance first 3 from each heat plus next 6 times to semi-finals

Heat 1:

- | | |
|--------------------------|--------------|
| 1. Ajee' WILSON, USA | 2:00.52 Q |
| 2. Noélie YARIGO, BEN | 2:00.99 Q SB |
| 3. Egle BALCIÜNAITĖ, LTU | 2:01.21 Q SB |
| 4. Sanne VERSTEGEN, NED | 2:01.50 q |
| 5. Winnie NANYONDO, UGA | 2:02.65 |
| 6. Kore TOLA, ETH | 2:03.01 |
| 7. Johana ARRIETA, COL | 2:07.36 |
| Lovisa LINDH, SWE, DNS | |

Heat 2:

- | | |
|----------------------------------|--------------|
| 1. Angelika CICHOCKA, POL | 2:00.86 Q SB |
| 2. Melissa BISHOP, CAN | 2:01.11 Q |
| 3. Shelayna OSKAN-CLARKE, GBR | 2:01.30 Q |
| 4. Brenda MARTINEZ, USA | 2:01.53 q |
| 5. Esther GUERRERO, ESP | 2:02.22 |
| 6. Emily Cherotich TUEI, KEN | 2:02.70 |
| 7. Lora STOREY, AUS | 2:07.17 |
| 8. Nimali W.K.L. ARACHCHIGE, SRI | 2:08.49 |

Heat 3:

- | | |
|---------------------------|-----------|
| 1. Caster SEMENYA, RSA | 2:01.33 Q |
| 2. Rose Mary ALMANZA, CUB | 2:01.43 Q |
| 3. Joanna JÓZWIK, POL | 2:01.51 Q |
| 4. Angela PETTY, NZL | 2:01.76 |
| 5. Natoya GOULE, JAM | 2:01.77 |
| 6. Brittany MCGOWAN, AUS | 2:02.25 |
| 7. Annie LEBLANC, CAN | 2:04.06 |

Heat 4:

- | | |
|-----------------------------|------------|
| 1. Margaret WAMBUI, KEN | 2:00.75 Q |
| 2. Lynsey SHARP, GBR | 2:01.04 Q |
| 3. Halima NAKAAYI, UGA | 2:01.80 Q |
| 4. Marina ARZAMASOVA, BLR | 2:01.92 SB |
| 5. Mahlet MULUGETA, ETH | 2:02.04 |
| 6. Olha LYAKHOVA, UKR | 2:02.07 |
| 7. Yusneysi SANTIUSTI, ITA | 2:02.75 |
| 8. Lindsey BUTTERWORTH, CAN | 2:03.19 |

Heat 5:

1. Charlene LIPSEY, USA	2:02.74 Q
2. Hedda HYNNE, NOR	2:02.85 Q
3. Docus AJOK, UGA	2:02.98 Q
4. Aníta HINRIKSDÓTTIR, ISL	2:03.45
5. Georgia GRIFFITH, AUS	2:03.54
6. Siofra CLÉIRIGH BUTTNER, IRL	2:06.54
7. Kimarra MCDONALD, JAM	2:09.19
Eunice SUM, KEN	DNS

Heat 6:

1. Francine NIYONSABA, BDI,	1:59.86 Q
2. Habitam ALEMU, ETH	2:00.07 Q
3. Selina BÜCHEL, SUI	2:00.23 Q
4. Adelle TRACEY, GBR	2:00.28 q PB
5. Christina HERING, GER	2:01.13 q
6. Hanna HERMANSSON, SWE	2:01.25 q
7. Gena LÖFSTRAND, RSA	2:01.73 q
8. Rose Nathike LOKONYEN, ART	2:20.06 SB

1500 (07):

1. Faith KIPYEGON, KEN	4:02.59	Gold
2. Jenny SIMPSON, USA	4:02.76	Silver
3. Caster SEMENYA, RSA	4:02.90	Bronze
4. Laura MUIR, GBR	4:02.97	
5. Sifan HASSAN, NED	4:03.34	
6. Laura WEIGHTMAN, GBR	4:04.11	
7. Angelika CICHOCKA, POL	4:04.16	
8. Rababe ARAFI, MAR	4:04.35	
9. Meraf BAHTA, SWE	4:04.76	
10. Malika AKKAOUI, MAR	4:05.87	
11. Hanna KLEIN, GER	4:06.22	
12. Genzebe DIBABA, ETH	4:06.72	

Splits: 400: 1:05.34 (Muir), 800: 2:17.11 (Muir), 1200: 3:18.93, Hassan

Semi-Finals (05): Advance top 5 from each heat plus next 2 times to final

Heat 1:

1. Faith KIPYEGON, KEN	4:03.54 Q
2. Laura MUIR, GBR	4:03.64 Q
3. Caster SEMENYA, RSA	4:03.80 Q
4. Angelika CICHOCKA, POL	4:03.96 Q
5. Hanna KLEIN, GER	4:04.45 Q
6. Genzebe DIBABA, ETH	4:05.33 q
7. Rababe ARAFI, MAR	4:05.75 q
8. Zoe BUCKMAN, AUS	4:05.93
9. Nicole SIFUENTES, CAN	4:07.92
10. Jessica JUDD, GBR	4:10.14
11. Kate GRACE, USA	4:16.70
12. Gudaf TSEGAY, ETH	4:22.01

Heat 2:

1. Sifan HASSAN, NED	4:03.77 Q
2. Meraf BAHTA, SWE	4:04.04 Q
3. Jenny SIMPSON, USA	4:05.40 Q
4. Laura WEIGHTMAN, GBR	4:05.63 Q
5. Malika AKKAOUI, MAR	4:05.73 Q
6. Sofia ENNAOUI, POL	4:05.80

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|---------------------------------|---------|
| 7. Winny CHEBET, KEN | 4:06.29 |
| 8. Konstanze KLOSTERHALFEN, GER | 4:06.58 |
| 9. Sarah MCDONALD, GBR | 4:06.73 |
| 10. Sara VAUGHN, USA | 4:06.83 |
| 11. Besu SADO, ETH | 4:07.65 |
| 12. Gabriela STAFFORD, CAN | 4:08.51 |

Prelims (04): Advance top 6 from each heat plus next 6 fastest to semi-finals

Heat 1:

- | | |
|---------------------------|--------------|
| 1. Genzebe DIBABA, ETH | 4:02.67 Q |
| 2. Caster SEMENYA, RSA | 4:02.84 Q SB |
| 3. Winny CHEBET, KEN | 4:03.19 Q |
| 4. Angelika CICHOCKA, POL | 4:03.27 Q |
| 5. Rababe ARAFI, MAR | 4:03.67 Q |
| 6. Jessica JUDD, GBR | 4:03.73 Q PB |
| 7. Kate GRACE, USA | 4:04.76 q |
| 8. Nicole SIFUENTES, CAN | 4:05.24 q SB |
| 9. Zoe BUCKMAN, AUS | 4:05.44 q |
| 10. Fantu WORKU, ETH | 4:05.81 PB |
| 11. Marta PÉREZ, ESP | 4:05.82 PB |
| 12. Amela TERZIC, SRB | 4:08.55 |
| 13. Ciara MAGEEAN, IRL | 4:10.60 |
| Simona VRZALOVÁ, CZE | DNF |

Heat 2:

- | | |
|----------------------------------|------------|
| 1. Sifan HASSAN, NED | 4:08.89 Q |
| 2. Jenny SIMPSON, USA | 4:08.92 Q |
| 3. Gudaf TSEGAY, ETH | 4:08.96 Q |
| 4. Laura MUIR, GBR | 4:08.97 Q |
| 5. Malika AKKAOUI, MAR | 4:09.05 Q |
| 6. Hanna KLEIN, GER | 4:09.32 Q |
| 7. Karoline Bjerkei GRØVDAL, NOR | 4:09.56 |
| 8. Marta PEN FREITAS, POR | 4:10.22 |
| 9. Linden HALL, AUS | 4:10.51 |
| 10. Claudia BOBOCEA, ROU | 4:11.20 |
| 11. Meryem AKDAG, TUR | 4:12.51 |
| 12. Sheila REID, CAN | 4:13.12 |
| 13. Judith Jemutai KIYENG, KEN | 4:13.65 |
| 14. Esther CHEBET, UGA | 4:14.12 |
| 15. Eliane SAHOLINIRINA, MAD | 4:23.56 SB |

Heat 3:

- | | |
|---------------------------------|--------------|
| 1. Faith KIPYEGON, KEN | 4:03.09 Q |
| 2. Meraf BAHTA, SWE | 4:03.23 Q |
| 3. Sofia ENNAOUI, POL | 4:03.35 Q SB |
| 4. Laura WEIGHTMAN, GBR | 4:03.50 Q |
| 5. Besu SADO, ETH | 4:03.55 Q |
| 6. Konstanze KLOSTERHALFEN, GER | 4:03.60 Q |
| 7. Gabriela STAFFORD, CAN | 4:04.55 q PB |
| 8. Sara VAUGHN, USA | 4:04.56 q PB |
| 9. Sarah MCDONALD, GBR | 4:05.48 q PB |
| 10. Solange PEREIRA, ESP | 4:06.63 |
| 11. Georgia GRIFFITH, AUS | 4:08.99 |
| 12. Margherita MAGNANI, ITA | 4:09.15 |
| 13. Muriel CONEO, COL | 4:11.98 SB |
| 14. Tamara ARMOUSH, JOR | 4:21.81 |
| 15. Angelina NADI, ART | 4:33.54 PB |

5000 (13):

1. Hellen OBIRI, KEN	14:34.86	Gold
2. Almaz AYANA, ETH	14:40.35	SB Silver
3. Sifan HASSAN, NED	14:42.73	Bronze
4. Senbere TEFERI, ETH	14:47.45	
5. Margaret Chelimo KIPKEMBOI, KEN	14:48.74	
6. Laura MUIR, GBR	14:52.07	
7. Sheila Chepkirui KIPROTICH, KEN	14:54.05	PB
8. Susan KRUMINS, NED	14:58.33	
9. Shannon ROWBURY, USA	14:59.92	
10. Eilish MCCOLGAN, GBR	15:00.43	
11. Letesenbet GIDEY, ETH	15:04.99	
12. Molly HUDDLE, USA	15:05.28	
13. Shelby HOULIHAN, USA	15:06.40	
14. Kalkidan GEZAHEGNE, BRN	15:28.21	
Karoline Bjerkei GRØVDAL, NOR		DNF

Prelims (10): Advance first 5 from each heat plus next 5 times to final

Heat 1:

1. Hellen OBIRI, KEN	14:56.70	Q
2. Almaz AYANA, ETH	14:57.06	Q SB
3. Senbere TEFERI, ETH	14:57.23	Q
4. Susan KRUMINS, NED	14:57.33	Q
5. Shannon ROWBURY, USA	14:57.55	Q SB
6. Sheila Chepkirui KIPROTICH, KEN	14:57.58	q PB
7. Laura MUIR, GBR	14:59.34	q
8. Yasemin CAN, TUR	15:08.20	
9. Alina REH, GER	15:10.01	PB
10. Ana LOZANO, ESP	15:14.23	PB
11. Bontu REBITU, BRN	15:16.70	PB
12. Mercyline CHELANGAT, UGA	15:16.75	
13. Andrea SECCAFIEN, CAN	15:19.39	
14. Ayuko SUZUKI, JPN	15:24.86	
15. Eloise WELLINGS, AUS	15:25.92	
16. Camille BUSCOMB, NZL	15:40.41	
Sarah LAHTI, SWE		DNS

Heat 2:

1. Letesenbet GIDEY, ETH	14:59.34	Q
2. Sifan HASSAN, NED	14:59.85	Q
3. Shelby HOULIHAN, USA	15:00.37	Q PB
4. Eilish MCCOLGAN, GBR	15:00.38	Q PB
5. Margaret Chelimo KIPKEMBOI, KEN	15:00.39	Q
6. Karoline Bjerkei GRØVDAL, NOR	15:00.44	q SB
7. Molly HUDDLE, USA	15:03.60	q
8. Kalkidan GEZAHEGNE, BRN	15:07.19	q PB
9. Rina NABESHIMA, JPN	15:11.83	PB
10. Madeline HILLS, AUS	15:13.77	
11. Stella CHESANG, UGA	15:23.02	
12. Jessica O'CONNELL, CAN	15:23.16	
13. Muriel CONEO, COL	15:26.18	NR
14. Heidi SEE, AUS	15:38.86	
15. Stephanie TWELL, GBR	15:41.29	
16. Iuliia SHMATENKO, UKR	16:40.36	
Genzebe DIBABA, ETH		DNS

10000 (05):

1. Almaz AYANA, ETH	30:16.32 WL	Gold
[15:51.38 / 14:24.96]		
2. Tirunesh DIBABA, ETH	31:02.69 SB	Silver
3. Agnes Jebet TIROP, KEN	31:03.50 PB	Bronze
4. Alice Aprot NAWOWUNA, KEN	31:11.86 SB	
5. Susan KRUMINS, NED	31:20.24 PB	
6. Emily INFELD, USA	31:20.45 PB	
7. Irene Chepet CHEPTAI, KEN	31:21.11 SB	
8. Molly HUDDLE, USA	31:24.78	
9. Emily SISSON, USA	31:26.36	
10. Ayuko SUZUKI, JPN	31:27.30 SB	
11. Yasemin CAN, TUR	31:35.48	
12. Shitaye ESHETE, BRN	31:38.66 SB	
13. Mercyline CHELANGAT, UGA	31:40.48 PB	
14. Dera DIDA, ETH	31:51.75	
15. Desi MOKONIN, BRN	31:55.34	
16. Natasha WODAK, CAN	31:55.47 SB	
17. Daria MASLOVA, KGZ	31:57.23 SB	
18. Sitora KHAMIDOVA, UZB	31:57.42 NR	
19. Mizuki MATSUDA, JPN	31:59.54	
20. Rachel CLIFF, CAN	32:00.03 PB	
21. Beth POTTER, GBR	32:15.88	
22. Eloise WELLINGS, AUS	32:26.31 SB	
23. Failuna Abdi MATANGA, TAN	32:29.97	
24. Miyuki UEHARA, JPN	32:31.58	
25. Salome NYIRARUKUNDO, RWA	32:45.95 SB	
26. Madeline HILLS, AUS	32:48.57	
27. Charlotte TAYLOR, GBR	32:51.33	
28. Carla Salomé ROCHA, POR	32:52.71	
29. Margarita HERNÁNDEZ, MEX	33:06.53	
30. Camille BUSCOMB, NZL	33:07.53	
31. Carmen Patricia MARTÍNEZ, PAR	33:18.22 NR	
Sarah LAHTI, SWE	DNF	
Jess MARTIN, GBR	DNF	

Intermediate times:

1000	3:30.03	Khamidova
2000	6:48.76	Khamidova
3000	9:59.21	Khamidova
4000	13:02.20	Ayana
5000	15:51.38	Ayana
6000	18:42.97	Ayana
7000	21:35.19	Ayana
8000	24:30.03	Ayana
9000	27:26.83	Ayana

3000 s/chase (11):

1. Emma COBURN, USA	9:02.58 CR/ACR	Gold
2. Courtney FRERICH, USA	9:03.77 PB	Silver
3. Hyvin Kiyeng JEPKEMOI, KEN	9:04.03	Bronze
4. Beatrice CHEPKOECH, KEN	9:10.45	
5. Ruth JEBET, BRN	9:13.96	
6. Celliphine Chepteek CHESPOL, KEN	9:15.04	
7. Etenesh DIRO, ETH	9:22.46	
8. Winfred Mutile YAVI, BRN	9:22.67 PB	
9. Gesa KRAUSE, GER	9:23.87	

10. Purity Cherotich KIRUI, KEN 9:25.62
 11. Belén CASSETTA, ARG 9:25.99 AR
 12. Genevieve LACAZE, AUS 9:26.25 SB
 13. Geneviève LALONDE, CAN 9:29.99 NR
 - Aisha PRAUGHT, JAM DQ - 163.3(b), infringement of inside border
 - Birtukan FENTE, ETH DNS
- Splits: 1000: 3:02.74 (Jebet), 2000: 6:03.60 (Jebet)

Prelims (09): Advance first 3 from each heat plus next 6 times to final

Heat 1:

1. Gesa KRAUSE, GER 9:39.86 Q
 2. Hyvin Kiyeng JEPKEMOI, KEN 9:39.89 Q
 3. Purity Cherotich KIRUI, KEN 9:40.53 Q
 4. Fadwa SIDI MADANE, MAR 9:40.61
 5. Sofia ASSEFA, ETH 9:40.88
 6. Irene SÁNCHEZ-ESCRIBANO, ESP 9:46.59
 7. Maeva DANOIS, FRA 9:49.21
 8. Alycia BUTTERWORTH, CAN 9:51.50
 9. Mariya SHATALOVA, UKR 9:54.21
 10. Lennie WAITE, GBR 9:54.97
 11. Tigest GETENT, BRN 9:55.42
 12. Lucie SEKANOVÁ, CZE 10:09.67
 13. Charlotta FOUGBERG, SWE 10:21.21
 - Colleen QUIGLEY, USA DQ - 163.3(b), infringement of inside border*
- *) Originally finished third

Heat 2:

1. Beatrice CHEPKOECH, KEN 9:19.03 Q
2. Ruth JEBET, BRN 9:19.52 Q
3. Courtney FRERICHS, USA 9:25.14 Q
4. Aisha PRAUGHT, JAM 9:26.37 q
5. Geneviève LALONDE, CAN 9:31.81 q SB
6. Birtukan FENTE, ETH 9:33.99 q SB
7. Özlem KAYA, TUR 9:37.06 SB
8. Anna Emilie MØLLER, DEN 9:44.12
9. Maria LARSSON, SWE 9:48.13
10. Amina BETTICHE, ALG 9:53.06
11. Victoria MITCHELL, AUS 10:00.40
12. Camilla RICHARDSSON, FIN 10:07.04
13. Teresa URBINA, ESP 10:21.90
- Luiza GEGA, ALB DNS

Other medal winners

MEN

- 100 (05)(-0.8): Justin Gatlin (USA) 9.92 SB; 2. Christian Coleman (USA) 9.94; 3. Usain Bolt (JAM) 9.95 SB ... 5. Akani Simbine (RSA) 10.01.
- 200 (10)(-0.1): 1. Ramil Guliyef (TUR) 20.09; 2. Wayde van Niekerk (RSA) 20.11 (20.106) [1h3, 20.16Q (+0.3); 3sf3, 20.28q (+0.3)]; 3. Jereem Richards (TTO) 20.11 (20.107).
- 400 (08): 1. Wayde van Niekerk (RSA) 43.98 [1h2, 45.27Q; 1sf2, 44.22Q]; 2. Steven Gardiner (BAH) 44.41 [1h1, 43.89 NR]; 3. Abdalelah Haroun (QAT) 44.48 SB.
- 4x100 (12): 1. GBR 37.47 WL; 2. USA 37.52 SB; 3. JPN 38.04 SB.
- 4x400 (13): 1. TTO 2:58.12 WL; 2. USA 2:58.61 SB; 3. GBR 2:59.00 SB.
- 110 H (07)(0.0): 1. Omar McLeod (JAM) 13.04; 2. Sergey Shubenkov (ANA) 13.14; 3. Balázs Baji (HUN) 13.28.
- 400H (09): 1. Karsten Warholm (NOR) 48.35; 2. Yasmani Copello (TUR) 48.49; 3. Kerron Clement (USA) 48.52.

HJ (13): 1. Mutaz Essa Barshim (QAT) 2.35; 2. Danil Lysenko (ANA) 2.32; 3. Majd Eddin Ghazal (SYR) 2.29.
 PV (08): 1. Sam Kendrick (USA) 5.95; 2. Piotr Lisek (POL) 5.89; 3. Renaud Lavillenie (FRA) 5.89 SB.
 LJ (05): 1. Luvu Manyonga (RSA) 8.48 (+0.4); 2. Jarrion Lawson (USA) 8.44 (+0.6) SB; 3. Ruswahl Samaai (RSA) 8.32 (-0.1).
 TJ (10): 1. Christian Taylor (USA) 17.68 (+0.2); 2. Will Claye (USA) 17.63 (-0.1); 3. Nelson Evora (POR) 17.19 (-0.1).
 SP (06): 1. Thomas Walsh (NZL) 22.03; 2. Joe Kovacs (USA) 21.66; 3. Stipe Zunic (CRO) 21.46.
 DT (05): 1. Andrius Gudzius (LTU) 69.21 PB; 2. Daniel Stahl (SWE) 69.19; 3. Mason Finley (USA) 68.03 PB.
 HT (11): 1. Pawel Fajdek (POL) 79.81; 2. Valeriy Pronkin (ANA) 78.16; 3. Wojciech Nowicki (POL) 78.03.
 JT (12): 1. Johannes Vetter (GER) 89.89; 2. Jakub Vadlejch (CZE) 89.73 PB; 3. Petr Frydrych (CZE) 88.32 PB.
 Decathlon (11/12): 1. Kevin Mayer (FRA) 8768 WL; 2. Rico Freimuth (GER) 8564; 3. Kai Kazmirek (GER) 8488 SB.
 20 km walk (13): 1. Eider Arévalo (COL) 1:18:53 NR; 2. Sergei Shirobokov (ANA) 1:18:55; 3. Caio Bonfim (BRA) 1:19:04 NR ... 4. Lebogang Shange (RSA) 1:19:18 NR.
 50 km walk (13): 1. Yohann Diniz (FRA) 3:33.12 CR; 2. Hirooki Arai (JPN) 3:41.17 SB; 3. Kai Kobayashi (JPN) 3:41:19 PB.

WOMEN

100 (06)(+0.1): 1. Tori Bowie (USA) 10.85 SB; 2. Marie-Josée Ta Lou (CIV) 10.86 SB; 3. Dafne Schippers (NED) 10.96.
 200 (11)(+0.8): 1. Dafne Schippers (NED) 22.05 SB; 2. Marie-Josée Ta Lou (CIV) 22.08 NR; 3. Shaunae Miller-Uibo (BAH) 22.15.
 400 (09): 1. Phyllis Francis (USA) 49.92 PB; 2. Salwa Eid Naser (BRN) 50.06 NR; 3. Allyson Felix (USA) 50.08.
 4x100 (12): 1. USA 41.82 WL; 2. GBR 42.12; 3. JAM 42.19 SB.
 4x400 (13): 1. USA 3:19.02 WL; 2. GBR 3:25.00; 3. POL 3:25.41 SB.
 100 H (12)(+0.1): 1. Sally Pearson (AUS) 12.59; 2. Dawn Harper-Nelson (USA) 12.63 SB; 3. Pamela Dutkiewicz (GER) 12.72.
 400 H (10): 1. Kori Carter (USA) 53.07; 2. Dalilah Muhammad (USA) 53.50; 3. Ristananna Tracey (JAM) 53.74 PB.
 HJ (12): 1. Maria Lasitskene (ANA) 2.03; 2. Yuliia Levchenko (UKR) 2.01 PB; 3. Kamila Licwinko (POL) 1.99 SB.
 PV (06): 1. Ekaterini Stefanidi (GRE) 4.91 WL; 2. Sandi Morris (USA) 4.75; 3. Robeilys Peinado (VEN) 4.65 NR.
 LJ (11): 1. Brittney Reese (USA) 7.02 (+0.1); 2. Darya Klishina (ANA) 7.00 (-0.3) SB; 3. Tianna Bartoletta (USA) 6.97 (-0.2).
 TJ (07): 1. Yulimar Rojas (VEN) 14.91 (+0.4); 2. Caterine Ibargüen (COL) 14.89 (+0.9) SB; 3. Olga Rypakova (KAZ) 14.77 (+0.9) SB.
 SP (09): 1. Lijiao Gong (CHN) 19.94; 2. Anita Márton (HUN) 19.49; 3. Michelle Carter (USA) 19.14.
 DT (13): 1. Sandra Perkovic (CRO) 70.31; 2. Dani Stevens (AUS) 69.64 AR; 3. Mélina Robert-Michon (FRA) 66.21 SB.
 HT (07): 1. Anita Włodarczyk (POL) 77.90; 2. Zheng Wang (CHN) 75.98; 3. Malwina Kopron (POL) 74.76.
 JT (08): 1. Barbora Spotáková (CZE) 66.76; 2. Lingwei Li (CHN) 66.25 PB; 3. Huihui Lyu (CHN) 65.26.
 Heptathlon (05/06): 1. Nafissatou Thiam (BEL) 6784; 2. Carolin Schäfer (GER) 6696; 3. Anouk Vetter (NED) 6636 NR.
 20 km walk (13): 1. Jiayu Yang (CHN) 1:26:18 PB; 2. Maria Guadalupe Gonzalez (MEX) 1:26:19 SB; 3. Antonella Palmisano (ITA) 1:26:36 PB.

50 km walk (13): 1. Inês Henriques (POR) 4:05:56 WR; 2. Hang Yin (CHN) 4:08:58 AR; 3. Shuqing Yang (CHN) 4:20:49 PB.

Other South Africans:

MEN

100 heats (04): Thando Roto dq

200 heats (07): Akani Simbine 2h6, 20.26Q (+0.6); Clarence Munyai dq; semifinals (09): Simbine 7sf1, 20.62 (+2.1)

400 heats (05): Pieter Conradie 7h3, 46.62

110H heats (06): Antonio Alkana 3h3 (+0.1) 13.43Q; semifinals (06): 4sf3 (+0.3) 13.59

LJ qual (04): Zarck Visser 7.66 (+0.5)

SP qual (05): Orazio Cremona 19.81; Jaco Engelbrecht 19.59

DT qual (04): Victor Hogan 62.26

JT qual (10): Rocco van Rooyen 74.02

WOMEN

100 heats (05): Carina Horn 3h4 (0.0), 11.28Q; semifinals (06): 6sf2, 11.26 (-0.2)

200 heats (08): Justine Palframan 4h2 (-0.6), 23.35q; semifinals (10): 7sf1, 23.21 (-0.2)

4x400 heats (12): RSA 7h2, 3:37.82

400H heats (07): Wenda Nel 2h4, 55.47Q; semifinals (08): 3sf1, 55.70

Sir Walter Miler (4th)

Raleigh, USA, 4 August

MEN

Mile:

1. Drew Hunter	Adidas	3:57.32	\$1000
2. Craig Engels	Nike / Nike Oreg	3:57.67 PB	700 + 250f
3. Izaic Yorks	Brooks Beasts TC	3:58.57 PB	500 + 250b
4. Graham Crawford	Hoka Njnytc	3:58.60	250
5. Trevor Dunbar	Nike	3:58.82	100

f) Earned first-time sub-4:00 bonus

b) Earned PB bonus

WOMEN

Mile:

1. Amanda Eccleston	Brooks / True Blue	4:31.72	\$1000
2. Stephanie Garcia	Team New Balance	4:31.87	700
3. Kate Van Buskirk	Unattached (CAN)	4:32.11	500
4. Emily Lipari	BAA / Adidas	4:32.12 PB	250
5. Rachel Schneider	Under Armour	4:32.66	100

ULTRA/MOUNTAIN/TRAIL RUNNING

White River 50 Mile Trail Run

Crystal Mountain, USA, 5 August

(Distance: 50 miles with 2806 m of climbing and descending)

MEN (gun times)

1. Olin Berger, 32, Seattle, WA, 6:59:15
2. Zachary Ornelas, 26, Ann Arbor, MI, 7:05:03
3. Zachary Szablewski, 27, Newcastle, WA, 7:14:18

WOMEN (gun times)

1. Kim Magnus, 33, Vancouver, BC, 8:43:04
2. Christine Mosley, 32, Issaquah, WA, 8:43:38
3. Leah Ling, 24, Durham, NC, 9:04:55

STATS TIME

Continuing the track stats for 2017, this time the women's 1500 m.

2017 1500 M: TOP 10 WOMEN

4:02.84	Caster Semenya	London	10 Aug
4:08.04	Dominique Scott-Efurd	Padova	16 Jul
4:18.41	Anuschka Nice	Cape Town	28 Apr
4:19.32	Simonay Weitsz	Durban	01 Apr
4:19.58	Aynslee van Graan	Auburn	21 Apr
4:19.62	Carina Viljoen	Azusa	14 Apr
4:19.92	Kesa Molotsane	Cape Town	28 Apr
4:21.44	Nicole Louw	Durban	01 Apr
4:22.46	Marne Mentz	Potchefstroom	22 Apr
4:22.62	Lyndi Roelofse	Durban	01 Apr

THIS MONTH IN HISTORY**60 years ago: 7 August 1957**

Pertti Eräkare (who changed his surname from Nieminen in 1954) was a good middle distance runner, but not good enough to make Finnish national teams. A contemporary of the famous trio of Olavis (Salsola, Salonen and Vuorisalo), he was, however, an excellent pacer and on this evening in Naantali he paced two men to sub-4 minute miles. He left the track after going through 800 m in 1:56.4 and 1000 m in 2:28.66, and then Derek Ibbotson, who had set a world record of 3:57.2 three weeks previously, took over and won in 3:58.77. Local hero Vuorisalo set a Finnish record of 3:59.11 in second to become the 16th man under 4 minutes. At that time Naantali had only 2300 inhabitants, but there were 5700 spectators around the cinder track! Eräkare, who chaired the Finnish Athletics Federation in 1981-82, died last year at age 84.

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.

MENOpen

10 km	28:18	Elroy Gelant	Bellville	03 Jun
	27:18	Bernard Kimeli (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	42:00	Matthew Kimeli Kipkorir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	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	7:42:28	Simphiwe Vellem	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	11:04:47	Johannes Joseph	Cape Town	22 Jul
	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
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	11:08:36	Hilton Murray	Cape Town	22 Jul

Grandmasters (60+)

10 km	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	60:24	Mochamat Kriel	Ravensmead	18 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	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 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	12:52:48	Ratlali Finger	Cape Town	22 Jul
<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	14:57:07	Donald Ross-Watt	Cape Town	22 Jul
<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
WOMEN				
<u>Open</u>				
10 km	32:22 30:04	Dominique Scott-Efurd Joyciline Jepkosgei (KEN)	Boston	25 June
	30:21 Mx 30:04p Mx 30:29 Wo	Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002		
15 km	53:59A 55:48 45:37	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN)	Camps Bay Eersterivier	08 Jan 08 Jul
	46:14** Mx 45:37p Mx 46:59** Wo	Florence Kiplagat (KEN) 2015 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007		
21.1 km	72:31 64:52	Cornelia Joubert Joyciline Jepkosgei (KEN)	Port Elizabeth	24 Jun
	65:09 Mx 65:06p Mx 64:52p Mx 66:25 Wo	Florence Kiplagat (KEN) 2015 Peres Jepchirchir (KEN) 2017 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007		
25 km	90:21A 1:40:31 84:36	Jenna Challenor Jenna Challenor Alphine Tuliamuk (USA)	Pinetown Durban	29 Jan 19 Mar
	79:53 Mx 82:47 Wo	Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005		
30 km	1:54:43 1:46:24	Ntombesintu Mfunzi Ami Utsunomiya (JPN)	Uitenhage	04 Mar
	1:38:49 Mx 1:38:42p Mx	Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016		

Marathon	1:39:11	Wo Mary Keitany (KEN) 2011		
	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 (vet)	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	9:42:24	Rowen Gloyne	Cape Town	22 Jul
	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	14:27:46	Cynthia Jooste	Cape Town	22 Jul
<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				

Great grandmasters (70+)

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				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon				
	3:35:29	Helga Micketta (GER) 2013		
100 km				
<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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