

# Distance Running Results

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

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## EDITORIAL

World 800-metre champion Caster Semenya delivered another powerful performance to break the world best for 600 metres in Berlin yesterday. Semenya clocked 1:21.77 for the win over Ajee' Wilson's US national record 1:22:39. Semenya broke the 20-year-old world best (1:22.63 by Cuba's Ana Fidelia Quirot in 1997) after leading from gun to tape; Wilson was also under the previous mark. All seven athletes who finished the race set PBs. "I won my first world title here in Berlin, so this city is special for me. I wanted to deliver to this amazing people," Semenya said, according to *Race Results Weekly*. "The 600 is a bit easier compared to the 800. I love speed, so I liked it."

In a remarkable display of over-racing, Sibusiso Madikizela won two races this weekend -- first the Langebaan Half Marathon on Saturday in 1:07:36 and the next day also the Khayelitsha 10 km in 30:53.

The Mandela Day races in Kwazulu-Natal once again had huge prize money and produced mediocre times, with the marathon being won in 2:28:31 and 2:49:00. These times netted the two athletes (both foreigners) R100 000 each. Total prize money in the open categories of the three races was R768 000, of which most went to foreigners. It remains difficult to see what benefit an event like this brings to South African road running.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Mandela Day Marathon, Half Marathon & 10 km, Pietermaritzburg to Howick (marathon) & Hilton to Howick (half-marathon)
- \* Khayelitsha 10 km, Khayelitsha
- \* Langebaan Half Marathon & 10 km, Langebaan
- \* Volkswagen 10 km, Uitenhage
- \* Spar Grand Prix Series 10 km, Pietermaritzburg
- \* XC: Gauteng North Championships, Soshanguve
- \* Puffer 80 km, Cape Town

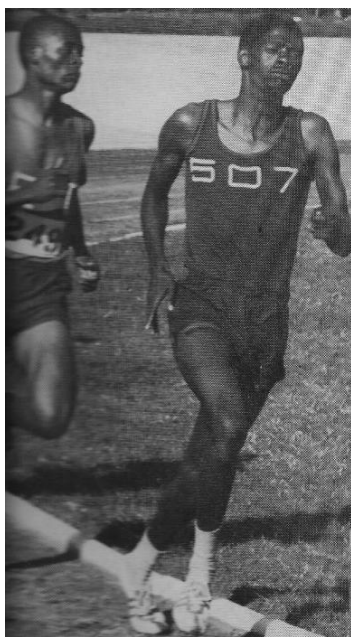
### International highlights:

- \* Hokkaido Marathon, Sapporo, JPN
- \* Giro delle Mura Città di Feltre, Feltre, Belluno, ITA
- \* Meia Maratona Internacional do Rio de Janeiro, Rio de Janeiro, BRA
- \* Brooklyn Mile / NIKE Fast Movers Mile, Brooklyn, USA

- \* News and Sentinel Half Marathon, Parkersburg, USA
- \* Internationaler Schortenser JEVER-FUN-LAUF, Schortens, GER
- \* Brazzaville Half Marathon, Brazzaville, CGO
- \* Track: ISTAF, Berlin, GER; Weltklasse in Zürich, Zürich, SUI; World University Games Athletics, Taipei, TPE; Grand Prix Sopot Janusz Sidlo Memorial, Sopot, POL

## ADDITIONS & CORRECTIONS

- The route for the Diva Run 10 km Port Elizabeth has changed; it is now a flat out-and-back course from King's Beach and not a loop with hills.
- DRR's long-time WP cross-country correspondent who landed in hospital is of course Elsa Oliver and not Olivier. She is the wife of WPA Life Member Ben, who has served South African cross-country with distinction for many years.
- The winner of the 45-49 age category at the WP XC Championships was Shawn Abrahams; third behind Abrahams was Sabelo Ngcwama. Second in the women's 80-84 race was Magdalene Johnson.
- In the recent report (DRR 17:31) on the Longest Day 12-hour race in Pietermaritzburg it was stated that the grass track used for the event is 333.3 m long. In fact, three different lanes are used: the one for the walkers is on the inside and is 372 m long; on its outside are two lanes for runners, 384 m and 397 m long respectively. Runners are allocated a lane to run in and they are given a colour armband to indicate which lane they are assigned to. They are then required to run in that lane for the entire race.



Humphrey Khosi (front) and Benoni Malaka battle it out in the 880-yard race in which Khosi became the first black athlete so set a South African record. [90 Golden Years, edited by Gert le Roux]

## OBITUARY

### **BENONI MALAKA, MIDDLE DISTANCE PIONEER, PASSES AWAY**

By Riël Hauman

DRR has been informed that Benoni Malaka, one of South Africa's pioneering black middle distance runners, has passed away. When Humphrey Khosi became the first black athlete to break a South African record, on 25 April 1964 in the Orlando Stadium in Soweto, Malaka was second. Khosi ran 1:48.9 for 880 yards -- the first sub-1:50 by a South African -- and Malaka (pictured on the right) clocked 1:50.5. The previous month, on 15 March in West Driefontein, they had recorded 1:51.6 and 1:51.9 respectively. On 9 May, this time in Silverton, the order was the same and Khosi set a new national mark of 1:48.7, with Malaka also improving, to 1:49.9. A month later, on 6 June, they clashed in Silverton again, and on this occasion Malaka won -- and equalled Khosi's SA record, with his rival finishing in 1:49.1. These two records were the first to be included by the national body on the integrated list of SA



records by white and black athletes. The time placed them joint 32nd on the world list for 1964.

The national championships were still segregated, though. In 1962 Malaka, who was born in 1940, won the 880 yards at the so-called SA Non-white Championships in rainy and wet conditions in 1:56.3, with Khosi second in 1:58.0. Khosi won the 440 yards (50.5) with Malaka third (50.9). In 1963 Malaka retained his title in 1:51.7, beating Khosi (1:51.9). The results of the 1964 meeting are not available, but in 1965 Khosi won the 880 yards in 1:49.5, with Malaka finishing out of the medals. Malaka did get the bronze medal in the 440 yards (49.8), with Khosi also winning this title, in 48.6. In 1968, this time over 800 metres, Malaka won the bronze medal, but his time is not available.

Malaka's best 880 time in 1962 was 1:53.4, in 1963 it was 1:51.0 (49.2 for 440 y), in 1964 he set the SA record of 1:48.7 (48.7), which remained the best time of his career. In 1965 he ran 1:53.0 (48.6). Malaka does not appear on the 1966 performance list for two laps, but he did run 49.3 for one lap. In 1967 he clocked 1:54.8 and 49.6, and in 1969 his best was 1:53.8.

## ROAD RUNNING

### Mandela Day Marathon, Half Marathon & 10 km

Pietermaritzburg to Howick (marathon) & Hilton to Howick (half-marathon), 27 August (Distances: 42.195 km & 21.1 km; point-to-point courses, the marathon quite hilly, and both with a net GAIN in elevation; 10 km course unknown. Finishers: marathon – 2421 men + 324 women = 2745 total [up from 2050 last year]; half marathon – 3739 [huge increase from 2818]; 10 km - 3609.)

#### Marathon

##### MEN

1. Tekletsion Kassahun Tefera (ETH/Ned) 2:28:31 (R100 000)
2. Lyno Muchena (ZIM/Phant) 2:28:36 (R50 000)
3. Kebede Abera Dinke (ETH/Ned) 2:28:44 (R25 000)
4. Ramolefi Motsieloa (LES/Ned) 2:29:17 (R15 000)
5. Sikhumbuzo Seme (KPMG) 2:29:32 (R12 000)
6. Melly Kennedy (KEN) 2:29:36 (R10 000)
7. Lutendo Mapoto (PRR) 2:30:31 (R9000)
8. Tsoatang Maine (LES/Ned) 2:31:16 (R8000)
9. Edward Mothibi (Ned) 2:31:28 (R7000)
10. Tarisai Rukadza (ZIM) 2:31:37 (R6000)
- ... 15. Stephen Mokoka (Boxer) 2:35:18
- ... 31. Johannes Kekana (ME) 2:43:16

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

1. Mamorallo Tjoka (LES/Ned) 2:49:00
2. Selam Abera Alebachew (ETH/Ned) 2:49:02
3. Loveness Madziva (ZIM/Ned) 2:58:57
4. Chelitu Bogale Asefa (ETH/Ned) 3:07:17
5. Charné Bosman (Ned) 3:09:02
6. Kidist Fiseha Tedla (ETH/Ned) 3:10:41
7. Makhosazane Mhlongo (32Gi) 3:12:14
8. Samukeliso Moyo (ZIM/Ned) 3:14:36
9. Melanie van Rooyen (R Bay) 3:14:41
10. Catherine Skosana (Boxer) 3:18:40

#### Half marathon

##### MEN

1. Jobo Khatoane (LES/ME) 1:05:20 (R20 000)
2. David Manja (Ned) 1:05:20 [correct] (R15 000)
3. Joel Mmone (Ned) 1:06:31 (R12 000)

4. Tebello Ramakongoana (Ind) 1:06:45 (R10 000)
5. Ntsindiso Mphakathi (Ned) 1:07:12 (R9000)
6. Lukcy Mohale (Boxer) 1:08:01 (R8000)
7. Philemon Mathiba (Ned) 1:08:03 (R7000)
8. Raphael Segodi (RRR) 1:08:42 (R6000)
9. Sibusiso Nzima (Ned) 1:09:00 (R5000)
10. A.N. Other 1:09:07 (R4000)

WOMEN (Same prize money as men)

1. Betha Chikanga (ZIM/ME) 1:18:29
2. Rudo Mhonderwa (ZIM/Ned) 1:18:37
3. Rutendo Nyahora (ZIM/Ned) 1:21:14
4. Janie Grundling (Ind) 1:22:02
5. Ntebaleng Letsela (LES/ME) 1:22:17
6. Lineo Chaka (LES/ME) 1:22:23
7. Thobile Mkhize (SE) 1:24:31
8. A.N. Other 1:24:56
9. Tabitha Tsatsa (ZIM/Ned) 2:26:31
10. Poppy Mlambo (Boxer) 1:27:03

### 10 km

MEN

1. Precious Mashela (Ned) 30:55 (R10 000)
2. Namakoe Nkhasi (LES/Ned) 31:01 (R8000)
3. Thabang Mosiako (Ned) 31:12 (R6000)

WOMEN (Same prize money as men)

1. Jenet Mbhele (Umzim) 37:22
2. Malineo Mahloko (LES/Sisonke) 38:15
3. Liteboho Makhatseana (LES/Sisonke) 38:21

### Khayelitsha 10 km

Khayelitsha (Cape Town), 27 August  
(Finishers: 883 [up from 843 last year].)

Note: Madikizela, Makila and Mwanengeni all also ran the Langebaan Half Marathon the previous day (results below), while Mwanengeni and junior Cetywayo ran the 10 km. -- Ed.

MEN

1. Sibusiso Madikizela (MSA) 30:53
2. Siboniso Soldaka (CPUT) 30:56
3. Lukhanyo Nobakada (VOB) 31:36
4. Akhona Makila (VOB) 32:24

**Veterans:** 1. Vakalisa Kopolo (Ned) 32:53; 2. Tsungai Mwanengeni (Gugs) 33:19; 3. Bonisile Nqculana (VOB) 34:16. **Masters:** 1. John September (Itheke) 36:32; 2. Steve Motau (Itheke) 37:48; 3. Zolani Ntsodo (SANDF) 39:18. **G'masters:** 1. Gemjikile Tom (Eskom) 42:14; 2. Goodman Mpukane (Gugs) n/t; 3. Paul Fortuin (VOB) 47:28.

**G/g'masters:** 1. Yusuf Gamielien (Itheke) 54:52; 2. Koert Meyer (Tyger) 77:47; 3. John van Rooyen (ARD) 80:35. **Juniors:** 1. Rowhaldo Ratz (UWC) 32:36; 2. Thembeke Mendu (Gugs) 32:47; 3. Lethu Cetywayo (VOB) 34:12.

WOMEN

1. Vuyiseka Nkumenge (Ned) 38:42
2. Ebeth Marais (Carb) 39:37
3. Ivy Gongqa (Ned) 41:38

4. Busisiwe Matiwane (Ned) 43:17 (1st vet)

**Veterans:** 1. Busisiwe Matiwane (Ned) 43:17; 2. Jana Trojan (CZE/VOB) 45:11; 3. Nicolette Herring (Itheko) 48:06. **Masters:** 1. Naomi Badenhorst (VOB) 55:50; 2. Rosetta Lekay (Brack) 57:00; 3. Sonia Harlock (FH) 59:38. **G'masters:** 1. Charmaine Cupido (Ned) 48:16; 2. Helen du Plessis (Brack) 54:08; 3. Anne Williams (PnP) 61:09. **G/g'masters:** 1. Marietha Herbert (Bell) 56:21; 2. Pixie Sparg (Celtic) 57:18; 3. Marlene James (Pine) 63:29. **Juniors:** 1. Razaan Kamaldien (Carb) 45:37; 2. Emihle Mbanda (VOB) 48:52; 3. Thimna Fana (VOB) 51:59.

## Langebaan Half Marathon & 10 km

Langebaan, 26 August

(Distances: 21.1 km & 10 km; the half marathon a loop course, the 10 km unknown.)

### Half marathon

#### MEN

1. Sibusiso Madikizela (MSA) 1:07:36  
2. Akhona Makila (VOB) 1:07:47  
3. Raydon Balie (WR) 1:08:07

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:18:49; 2. Mogale Piloso (SANDF) 1:24:05; 3. Nhamo Kanodo (Ind) 1:26:11. **Masters:** 1. David Andrews (Hope) 1:22:32; 2. Zolani Ntsodo (SANDF) 1:24:33; 3. Paul Rietman (Celtic) 1:28:36. **G'masters:** 1. Sammy Jones (MPT) 1:54:38; 2. Chris Lourens (Brack) 1:54:41; 3. Hugo Loubser (Strand) 2:15:19. **G/g'masters:** 1. Leon Otto (Sald) 2:15:40.

#### WOMEN

1. Nomvuyisi Seti (Ind) 1:24:14  
2. Lee-Shay Willemse (Velo) 1:24:38  
3. Danette Smith (KPMG) 1:26:44

**Veterans:** 1. Busisiwe Matiwane (Ned) 1:37:09; 2. Jackie Misroll (Pine) 1:37:41; 3. Lesyl Potgieter (ATC) 1:38:08. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:32:12; 2. Marie Louw (CC) 1:34:31; 3. Ester Brink (Carb) 1:34:35. **G'masters:** 1. Helen du Plessis (Brack) 1:58:38; 2. Joanne van der Valk (Celtic) 2:26:01; 3. Elna Brand (Lange St) 2:31:36. **G/g'masters:** 1. Annatjie Berntzen (Good) 3:10:28.

### 10 km

#### MEN

1. Lukhanyo Nobakada (VOB) 32:29  
2. Bulelani Bhebha (VOB) 34:26  
3. Lethu Cetywayo (VOB) 34:52 (1st jun)

**Veterans:** 1. Andrew Cooper (Ned) 37:19; 2. Joseph Johannes (Gugs) 39:29; 3. Lawrence Mupfururi (Itheko) 44:33. **Masters:** 1. Peter Doren (CS) 42:48; 2. André van Rooyen (Swart) 47:09; 3. Erik Truter (Swart) 49:56. **G'masters:** 1. Tiekie van Heerden (Sald) 75:04; 2. Paul Roos (WC) 101:43. **G/g'masters:** 1. Claude Schrafesande (Lange St) 63:58. **Juniors:** 1. Lethu Cetywayo (VOB) 34:52; 2. Calvin Hammond (Ned) 36:53; 3. Jayvin Williams (Velo) 38:21.

#### WOMEN

1. Anna Bungu (Gugs) 42:46  
2. Mariëtte Strauss (Tyger) 43:49 (1st mast)  
3. Jessamine Ward (Ind) 44:51

**Veterans:** 1. Hanselie Swarts (Swart) 52:01; 2. Francis Kotze (Sald) 55:01; 3. Charlene Maartens (Edge) 59:09. **Masters:** 1. Mariëtte Strauss (Tyger) 43:49; 2. Elaine Holane-Smit (Sald) 50:21; 3. Glynnis Rietman (Celtic) 57:56. **G'masters:** 1. Amanda le Roux (WC) 63:39; 2. Sarie Erasmus (Swart) 73:41; 3. Lucy Fernandes (Lange St) 77:47. **G/g'masters:** 1. Cecile Kidson (Lange St) 72:12. **Juniors:** 1. Petro Moses (Velo) 49:49; 2. Annique Arendse (UWC) 51:34; 3. Zoë Vermaak (SH) 54:47.

## Volkswagen 10 km

Uitenhage, 26 August

(Loop course. Finishers: 394 [down from 410 last year].)

### MEN

1	Melikhaya	Frans	Ikhamva AC	27	29:13
2	Zolani	Ngqaqa	Tinarha AC	28	30:52
3	Amos	Nyongo	Ikhamva AC	31	31:01
4	Zolani	Mabongo	Ikhamva AC	31	31:08
5	Lubabalo	Mdlungwane	Ikhamva AC	26	31:55
6	Brendon	Effenaar	Nedbank RC EP	21	32:10
7	Luyanda	Tshangana	Ikhamva AC	34	32:15
8	Sinethemba	Mirele	SAP MC EP	20	32:44
9	Vuyolwethu	Selana	SAP MC EP	21	32:59
10	Bulelani	Niwa	Achilles AAA	33	33:05
11	Masande	Mlonyeni	Charlo AC	36	33:13
12	Tandisile	Xoshomba	Tinarha AC	21	33:14
13	Sandile	Ngunuza	Nedbank RC EP	34	33:45
14	Kevin	Gasebo	Transnet Eng EP	37	33:50
15	Zolile	Mhlahlo (1st vet)	Achilles AAA	42	34:14
16	Melikhaya	Kepe	Nedbank RC EP	41	34:15
17	Mandilazhe	Nel	Tinarha AC	23	34:34
18	Tumelo	Mochelenyane	Nedbank RC EP	35	34:36
19	Thando	Ncipa	SAP MC EP	25	34:37
20	Xabiso	Kobe (1st jun)	Tinarha AC	19	35:04

### 40-44:

1	Zolile	Mhlahlo	Achilles AAA	42	34:14
2	Melikhaya	Kepe	Nedbank RC EP	41	34:15
3	Zamubuntu	Teyise	Charlo AC	40	35:42

### 45-49:

1	Noel	Adams	Gelvan AC	45	35:46
2	Alfred	Pakkies	Charlo AC	49	39:27
3	Mpumelelo	Ndlumbini	Motherwell AC	45	39:49

### 50-54:

1	Desmond	Zibi	Achilles AAA	53	36:20
2	Welcome	Loliwe	Nedbank RC EP	52	37:37
3	Sithembiso	Yozo	Temp	53	38:15

### 55-59:

1	Joseph	Bain	St Albans CS EP	57	42:38
2	Elliot	Nyiki	Transnet Eng EP	56	42:58
3	Chester	Brooks	X-Cel AC	59	43:32

### 60-64:

1	Bruce	McEwan	Achilles AAA	63	44:57
2	Joseph	Craven	Nedbank RC EP	62	48:55
3	At	Schoeman	Nedbank RC EP	60	49:13

### 65-69:

1	Hannes	Els	Madiba Bay Warriors AC	67	42:17
2	Sizinzo	Kama	Achilles AAA	66	44:11

3	Percy	Dalton	Achilles AAA	69	47:55
<b>70-74:</b>					
1	Johannes	Herbst	Muirite Striders	71	47:57
2	Herman	Dekker	SAP MC EP	72	57:13
3	Peter	Eck	Muirite Striders	70	59:56
<b>75-79:</b>					
1	Tamsanqa	Jusayi	Nedbank RC EP	75	47:07
2	Godfrey	Kariem	Gelvan AC	76	54:04
3	Robin	Clark	Achilles AAA	76	1:32:25
<b>Juniors:</b>					
1	Xabiso	Kobe	Tinarha AC	19	35:04
2	Anele	Voorman	Nedbank RC EP	17	36:05
3	Ambesa	Tokwe	Motherwell AC	14	38:31
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	35	37:02
2	Ndileka	Mvakwendlu	Tinarha AC	26	39:32
3	Luthando	Nxanisa	Bestmed Madibaz AC	24	41:31
4	Christine	Claasen (1st mast)	Achilles AAA	53	42:57
5	Anche	Schubart	Achilles AAA	35	43:54
6	Terray	Newcombe	Elite AC	26	44:02
7	Priscilla	Dyantyi (1st vet)	Nedbank RC EP	43	44:54
8	Grizelda	Pietersen	Nedbank RC EP	48	45:08
9	Hanlie	V.d. Westhuizen (1st g'mast)	Despatch AC	61	45:24
10	Ludine	Williams	St Albans CS EP	30	45:37
11	Zimkitha	Hoza	Buffalo Runners AC	22	45:41
12	Talana	Vosloo	Despatch AC	36	45:46
13	Toegeda	Vyver	Nedbank RC EP	45	45:52
14	Siena	De Vos	Nedbank RC EP	40	46:44
15	Lily	Janse van Rensburg	Despatch AC	41	46:48
16	Cathy	Curtain	Muirite Striders	46	47:09
17	Agnes	Nieburg	Profiles AC	51	47:10
18	Sunelle	Horne	Bluewater Bay	43	47:38
19	Elize	Adams	Gelvan AC	42	48:07
20	Amanda	Prideaux	Bluewater Bay	42	48:27
<b>40-44:</b>					
1	Priscilla	Dyantyi	Nedbank RC EP	43	44:54
2	Siena	De Vos	Nedbank RC EP	40	46:44
3	Lily	Janse van Rensburg	Despatch AC	41	46:48
<b>45-49:</b>					
1	Grizelda	Pietersen	Nedbank RC EP	48	45:08
2	Toegeda	Vyver	Nedbank RC EP	45	45:52
3	Cathy	Curtain	Muirite Striders	46	47:09
<b>50-54:</b>					
1	Christine	Claasen	Achilles AAA	53	42:57
2	Agnes	Nieburg	Profiles AC	51	47:10
3	Karen	Mels	Body Concept	52	51:02
<b>55-59:</b>					
1	Belinda	Bain	Charlo AC	55	52:52
2	Lynette	Crause	Infinity AC	57	55:34
3	Zelda	Krige	Infinity AC	57	56:27
<b>60-64:</b>					
1	Hanlie	Van der Westhuizen	Despatch AC	61	45:24
2	Cathy	Ives	Achilles AAA	64	1:00:48
3	Stephanie	Hay	Infinity AC	61	1:13:29
<b>65-69:</b>					
1	Helene	Oppel	Elite AC	67	1:00:40

2	Jeanette	Pienaar	PEAAC	69	1:07:26
<b>70-74:</b>					
1	Liz	Jenkerson	Muirite Striders	70	55:24
2	Denise	Terblanche	Infinity AC	70	1:05:50
3	Christine	Fourie	Elite AC	71	1:07:11
<b>Juniors:</b>					
1	Beata	Langson	Aspen Pharmacare	17	1:16:44

### **Spar Grand Prix Series 10 km**

(Women only; 5th event of 6-race series)

Pietermaritzburg, 20 August

(Undulating loop course. Finishers: 2351 [considerably up from 1545 last year].)

Note: The top ten were published last week; here are deeper results. -- Ed.

1. Kesa Molotsane (KPMG AFS) 34:21
2. Rutendo Nyahora (ZIM/Ned) 34:34
3. Irvette van Zyl (NED AGN) 34:37
4. Lebogang Phalula (Boxer) 34:50
5. Betha Chikanga (ZIM/ME) 34:58
6. Maria Shai (Boxer) 35:02
7. Glenrose Xaba (Boxer) 35:05
8. Nolene Conrad (KPMG WPA) 35:11
9. Nicole Louw (KPMG AFS) 35:23 PB (1st jun)
10. Rudo Mhonderwa (ZIM/Ned) 35:32
11. Patience Murowe (ZIM/Ned) 35:44
12. Jenet Mbhele (Ind) 35:47
13. Loveness Madziva (ZIM/Ned) 36:08
14. Cornelia Joubert (Boxer) 37:18
15. Janie Grundling (Boxer) 37:22
16. Shanley Koekemoer (KPMG AGN) 37:27
17. Marelise Retief (Boxer) 37:33
18. Makhosi Mhlongo (32Gi) 37:41
19. Lyndi Roelofse (Boxer) 37:44
20. Stella Marais (KPMG AGN) 37:49
21. Tanith Maxwell (Boxer) 37:56

### **CROSS-COUNTRY**

#### **Gauteng North Championships**

Soshanguve, 19 August

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

#### SR. MEN (8 km)

1	Bafana	Dube	Bootcamp	31:50
2	Benny	Moeng	KPMG	31:53
3	Moses	Mahlangu	Midack	32:37
4	Richard	Mavuso	Corr Services	32:38
5	Sive	Ngubo	TUT	32:45
6	Musa	Nkosi	Born2run	32:47
7	Altus	Badenhorst	Born2run	33:21
8	Vuyisile	Tshoba	KPMG	33:48
9	Tshepo	Segole	Ekgangala	33:55
10	Nyakalo	Mokhothu	TUT	34:02



## SR. MEN

1	Reghen	Magwai	Born2run	12:12
2	Victor	Pheeha	Monaco	12:22
3	Simon	Mokonyama	Monaco	12:23
4	Phulani	Buthelezi	KPMG	12:26
5	Sikhalo	Mthemkhulu	TUT	12:33
6	Solomon	Botlhoho	TUT	12:34
7	Sive	Ngubo	TUT	12:37
8	Mpho	Motaun	TUT	12:38
9	Sikhumbuso	Seme	KPMG	12:41
10	Moses	Mahlangu	Midack (MPU)	13:02

## MEN 40 (8 km)

1	Sello	Ramaloko	Runavation	29:24
2	Danie	Van Tonder	KPMG	30:48
3	Colin	Witbooi	PMMC	31:27

## MEN 45 (8 km)

1	Piet	Mosebedi	Nkhombo	29:30
2	Llwelyn	Curlewis	Tuks	30:25
3	Lindsey	Parry	Tuks	30:45

## MEN 50 (8 km)

1	Dawie	De Villiers	Tuks	30:15
2	Moses	Lethlaku	Arcadia	31:35
3	Kobus	Bester	Individual	33:30

## MEN 55 (8 km)

1	Willie	Beneke	NPO	31:25
2	Burger	Linde	Team Vitality	32:43
3	Avril	Barkhuizen	Nedbank	33:17

## MEN 60 (6 km)

1	David	Maphungulu	FPN	30:50
2	Andre	Bredenkamp	BNAC	25:28
3	Waldie	La Grange	Individual	26:29

## MEN 65 (6 km)

1	Mike	Du Bruto	Irene	22:10
2	Philip	Boardman	ACRW	28:06
3	Len	Claassen	Tuks	29:11

## MEN 70 (6 km)

1	Harry	Van der Merwe	Bronkhorstspuit	30:30
2	Gerrit	Van Niekerk	PMK	32:31
3	Anton	Harropallin	ACRW	35:41

## MEN 75 (6 km)

1	Mike	Kleinsmit	Transnet	22:57
2	Andries	Van der Merwe	Transnet	22:59
3	Piet	Van Aswegen	Overkruin	32:40

## MEN 85 (4 km)

1	Martin	Coetzee	Magnolia	36:47
2	Frans	Grobler	Transnet	39:00

## MEN 23

1	Paseka	Mokubung	TUT	12:41
2	Welcome	Lubisi	Nedbank	12:59
3	Robert	Bester	Tuks	13:01

## JR. MEN (8 km)

1	Dais	Malebane	Tuks	26:07
2	Proud	Mngome	TUT	26:35
3	Katlego	Tsale	Modiba	26:52

## BOYS 17 (6 km)

1	Caleb	Beukes	Zwartkop	19:24
2	Koos	Molutsi	Prestige College	19:30
3	Keagan	Krane	St Dunstans	19:47

## SR. WOMEN (10 km)

1	Carlyn	Fischer	The Bycycle Company	37:17
2	Nthabiseng	Tshehla	Monaco	38:03
3	Leandri	De Beer	Sterk Span Coaching	38:06
4	Peu	Tholoana	TUT	38:36
5	Mpho	Mariri	TUT	38:46

## SR. WOMEN

1	Stella	Marais	KPMG	14:45
2	Anet	Coetzee	KPMG	15:11
3	Nicole	Venter	CSIR	15:31
4	Nerissa	Le Roux	Runavation	16:10
5	Suane	Cillie	Individual	16:40
6	Christelle	Kotze	TUT	17:07
7	Victoria	Mashapo	Nedbank Skosana Dev	18:00
8	Gloria	Tsotetsi	Medihelp	19:10
9	Karabo	Sithole	Tuks	19:17
10	Valentia	Modiba	FPN FPN	20:23

## WOMEN 40

1	Corne	Prinsloo	FPN	16:04
2	Tania	Blignaut	Born2run	16:50
3	Alicia	Heyns	Gauteng North Masters	17:33

## WOMEN 45

1	Marili	Munnik	Midstream	16:45
2	Carolina	Van der Westhuizen	Irene	18:40
3	Carol	Goodinson	FPN	19:07

## WOMEN 50

1	Lettie	Saayman	Nedbank	18:57
2	Lelani	Cornelius	Tuks	18:59
3	Elsabe	Brink	Runavation	19:42

## WOMEN 55

1	Lynette	Fischer	Phobians	18:22
2	Anlerie	Botha	Nedbank	19:25
3	Ilze	Crous	Affies	20:12

## WOMEN 60

1	Jackie	Navarria	ACRW	23:47
2	Joey	Cloete	Irene	23:47
3	Lyn	De Bruin	Irene	25:53

## WOMEN 65

1	Stephanie	Claassen	Tuks	24:48
2	Rina	Pretorius	PPMC	27:11
3	Isabel	McLaren	Tuks	27:11

## WOMEN 75

1	Arina	Van Aswegen	Individual	27:24
2	Anette	Van Rooyen	Transnet	27:22

## WOMEN 23

1	Michelle	Redelinghuys	Tuks	15:05
2	Madri	Wiid	Tuks	15:15
3	Danette	Marais	Tuks	15:18

## JR. WOMEN (6 km)

1	Tshegofatso	Setlhakgoe	Prestige College	24:10
---	-------------	------------	------------------	-------

2	Sisanda	Dumusa	Tuks	24:31
3	Bangela	Magubane	Ubuhle	24:50
GIRLS 17				
1	Shanley	Koekemoer	Midstream	14:39
2	Janie	Janse van Rensburg	Affies	15:18
3	Esabel	Makhara	Prestige College	15:39

## ULTRA/MOUNTAIN TRAIL RUNNING

### Puffer 80 km

Cape Town, 19 August

(Point to point course from Cape Point, over the summit of Table Mountain, to sea level in Green Point; partly on tar, but mostly on mountain tracks and trails. Finishers: 135.)

Note: No clubs were indicated with the results. -- Ed.

#### MEN

1	Edson	Kumwamba	7:31
2	Nic	De Beer	7:50
3	Joshua	Chigome	7:57
4	David	McGibbon	8:20
5	Sean	McGibbon	8:23

#### WOMEN

1	Karoline	Hanks	9:22
2	Melany	Porter	9:42
3	Jana	Van Houwelingen	9:44
4	Jana	Trojan	9:54
5	Emily	Muller	9:56

## 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

### Hokkaido Marathon (31st)

Sapporo, JPN, 27 August

(Distance: 42.195 km; near-loop course with about 3 km start/finish separation and 11 m elevation loss [record standard].)

#### MEN (gun times)

1. Akinobu Murasawa, 1991 2:14:48 PB
2. Taiki Yoshimura, 1992 2:15:04
3. Jo Fukuda, 1990 2:15:11 PB

#### WOMEN (gun times)

1. Honami Maeda, 1996 2:28:48 PB
2. Keiko Nogami, 1985 2:30:11
3. Hanae Tanaka, 1990 2:32:16

**Giro delle Mura Città di Feltre** (29th)

Feltre, Belluno, ITA, 26 August  
(Distance: about 9.5 km [9 laps])

## ELITE MEN

1. Ezekiel KEMBOI, KEN, 26:57
2. Najibe Marco SALAMI, ITA, 26:59
3. Sammy KIPNGETICH, KEN, 27:03

**Meia Maratona Internacional do Rio de Janeiro** (21st)

Rio de Janeiro, BRA, 20 August  
(Distance: 21.1 km; coastal point-to-point course)

## MEN (gun times)

- |                                       |         |            |
|---------------------------------------|---------|------------|
| 1. Jose Marcio Leao Da Silva, 27, BRA | 1:04:18 | BRL 12,000 |
| 2. Demiso Legese Gudeta, 18, ETH      | 1:04:18 | 6,000      |
| 3. Damiao Ancelmo De Souza, 38, BRA   | 1:04:22 | 4,000      |

## WOMEN (gun times)

- |                                      |         |            |
|--------------------------------------|---------|------------|
| 1. Esther Chesang Kakuri, 23, KEN    | 1:14:44 | BRL 12,000 |
| 2. Martha Akeno, 24, KEN             | 1:15:01 | 6,000      |
| 3. Joziane Da Silva Cardoso, 32, BRA | 1:16:36 | 4,000      |

**Brooklyn Mile / NIKE Fast Movers Mile** (2nd)

Brooklyn, USA, 20 August  
(Distance: 1 mile; point-to-point course)

## MEN

- |   |      |        |
|---|------|--------|
| 1. Trevor Dunbar, 26, Boulder, CO       | 4:09 | \$1000 |
| 2. Daniel Winn, 26, Brighton, MA        | 4:16 | 750    |
| 3. Lamont Marshall, 33, Devonshire, BER | 4:24 | 500    |

## WOMEN

- |  |      |           |
|--|------|-----------|
| 1. Alexa Efraimson, 20, Camas, WA                  | 4:35 | CR \$1000 |
| 2. Rachel Schneider, 26, Flagstaff, AZ             | 4:42 | 750       |
| 3. Rolanda Bell, 29, Springfield Gardens, NY (PAN) | 4:56 | 500       |

**News and Sentinel Half Marathon** (31st)

Parkersburg, USA, 19 August  
(Distance: 21.1 km; certified, very hilly)

Note: Julius Kogo won here for the seventh time since 2010, only losing the 2015 edition. -  
-Ed.

## MEN (gun times)

- |  |         |        |
|--|---------|--------|
| 1. Julius Kogo, Chapel Hill, NC (KEN)      | 1:03:09 | \$3000 |
| 2. Panuel Mkungo, Chapel Hill, NC (KEN)    | 1:03:25 | 2000   |
| 3. Geoffrey Ngetich, Chapel Hill, NC (KEN) | 1:04:13 | 1500   |

## WOMEN

- |   |         |        |
|---|---------|--------|
| 1. Biruktayit Degefa, Albuquerque, NM (ETH) | 1:13:44 | \$3000 |
| 2. Susan Jerotich, Chapel Hill, NC (KEN)    | 1:15:14 | 2000   |
| 3. Sophy Jepchirchir, Chapel Hill, NC (KEN) | 1:16:09 | 1500   |

**Internationaler Schortenser JEVER-FUN-LAUF** (31st)

Schortens, GER, 19 August

(Distance: 10 miles; certified [member of German Road Races]; slightly under 4 laps of a 4.125 km loop)

MEN (gun times)

1. Ezra Kipchuma KERING, 1986, KEN, 47:29 PB
2. Augustino SULLE, 1997, TAN, 47:32 PB
3. Daniel KEMOI, 1986, KEN, 47:38 PB

WOMEN (gun times)

1. Naom JEBET, 1994, KEN, 52:27 CR\* PB
2. Joyce Kiplimo JEMUTAI, 1988, KEN, 52:30 PB
3. Tabitha GICHIA, 1983, KEN, 53:33

**Brazzaville Half Marathon**

Brazzaville, CGO, 14 August

(Distance: 21.1 km)

MEN

- |                           |         |          |
|---------------------------|---------|----------|
| 1. Felicien Muhitira, RWA | 1:04:31 | USD 4480 |
| 2. Wilson Kipkoech, KEN   | 1:08:08 | 3584     |
| 3. John Hakiziman, RWA    | 1:08:17 | 2688     |

WOMEN

- |                             |         |          |
|-----------------------------|---------|----------|
| 1. Agness Barsosio, KEN     | 1:11:52 | USD 4480 |
| 2. Bornes Jepkirui, KEN     | 1:13:01 | 3585     |
| 3. Josephine Chepkoech, KEN | 1:15:00 | 2600     |

**TRACK****ISTAF (76th/IAAF World Challenge)**

Berlin, GER, 27 August

MEN

5000:

- |                         |             |
|-------------------------|-------------|
| 1. Birhanu Balew, BRN   | 13:11.00    |
| 2. Nicholas Kimeli, KEN | 13:11.58 PB |
| 3. James Kibet, KEN     | 13:11.88 PB |
| 4. Andy Butchart, GBR   | 13:12.73    |
| 5. Richard Ringer, GER  | 13:13.46    |

WOMEN

600:

- |                               |         |          |
|-------------------------------|---------|----------|
| 1. Caster Semenya, <b>RSA</b> | 1:21.77 | WB/WL/PB |
| 2. Ajee' Wilson, USA          | 1:22.39 | NR/PB    |
| 3. Francine Niyonsaba, BDI    | 1:23.18 | PB       |
| 4. Noélie Yarigo, BEN         | 1:25.78 | PB       |
| 5. Marina Arzamasova, BLR     | 1:27.05 | PB       |
| 6. Kendra Chambers, USA       | 1:27.45 | PB       |
| 7. Iveta Putalová, SVK        | 1:28.79 | PB       |

1500:

- |                                 |         |        |
|---------------------------------|---------|--------|
| 1. Konstanze Klosterhalfen, GER | 3:58.92 | NUR/PB |
|---------------------------------|---------|--------|

- |                           |            |
|---------------------------|------------|
| 2. Eilish McColgan, GBR   | 4:01.60 PB |
| 3. Susan Krumins, NED     | 4:02.25 PB |
| 4. Nelly Jepkosgei, KEN   | 4:03.50    |
| 5. Gabriela Stafford, CAN | 4:03.55 PB |
| 6. Nicole Sifuentes, CAN  | 4:04.82    |
| 7. Shannon Rowbury, USA   | 4:05.57    |
| 8. Shelby Houlihan, USA   | 4:06.31    |
- DNF-- Angelika Cichocka, POL

3000 s/chase:

- |                         |               |
|-------------------------|---------------|
| 1. Norah Tanui, KEN     | 9:03.70 MR/PB |
| 2. Gesa Krause, GER     | 9:11.85 NR/PB |
| 3. Colleen Quigley, USA | 9:15.97 PB    |
| 4. Daisy Jepkemei, KEN  | 9:21.22 PB    |
| 5. Joan Rotich, KEN     | 9:24.41 PB    |

### Weltklasse in Zürich (88th)

(First meeting of the two-part IAAF Diamond League Final)  
Zürich, SUI, 24 August

MEN

800:

- |   |            |
|---|------------|
| 1. Vojtech MLYNÁR, CZE, 13 APR 1998     | 1:49.32    |
| 2. Jakob INGEBRIGTSEN, NOR, 19 SEP 2000 | 1:49.40 PB |
| 3. Jonas SCHÖPFER, SUI, 30 JUN 1996     | 1:49.66    |
| 4. Vincent HAZELEGER, NED, 21 AUG 1995  | 1:49.92    |
| 5. Maarten PLAUM, NED, 1 MAR 1996       | 1:50.45    |
| 6. Pascal FURTWÄNGLER, SUI, 19 JAN 1993 | 1:50.66    |
| 7. Tony van DIEPEN, NED, 17 APR 1996    | 1:51.00    |
| 8. Jan HOCHSTRASSER, SUI, 23 OCT 1988   | 1:51.36 SB |
| 9. Eliott CRESTAN, BEL, 22 FEB 1999     | 1:51.82    |

1500 (DL):

- |   |                    |
|---|--------------------|
| 1. Timothy CHERUIYOT, KEN, 20 NOV 1995      | 3:33.93 USD 50,000 |
| 2. Silas KIPLAGAT, KEN, 20 AUG 1989         | 3:34.26 20,000     |
| 3. Elijah Motonei MANANGOI, KEN, 5 JAN 1993 | 3:34.65 10,000     |
| 4. Asbel KIPROP, KEN, 30 JUN 1989           | 3:34.77 6,000      |
| 5. Charles Cheboi SIMOTWO, KEN, 6 MAY 1995  | 3:34.93 5,000      |
| 6. Vincent KIBET, KEN, 6 MAY 1991           | 3:34.96 4,000      |
| 7. Jake WIGHTMAN, GBR, 11 JUL 1994          | 3:35.25 3,000      |
| 8. Jakub HOLUŠA, CZE, 20 FEB 1988           | 3:35.81 2,000      |
| 9. Marcin LEWANDOWSKI, POL, 13 JUN 1987     | 3:36.02 1,000      |
| 10. Sadik MIKHOU, BRN, 25 JUL 1990          | 3:36.04 1,000      |
| 11. Bethwell BIRGEN, KEN, 6 AUG 1988        | 3:38.87 1,000      |
| 12. Filip INGEBRIGTSEN, NOR, 20 APR 1993    | 3:41.36 1,000      |

5000 (DL):

- |                                     |                     |
|-------------------------------------|---------------------|
| 1. Mo FARAH, GBR, 23 MAR 1983       | 13:06.05 USD 50,000 |
| 2. Muktar EDRIS, ETH, 14 JAN 1994   | 13:06.09 20,000     |
| 3. Yomif KEJELCHA, ETH, 1 AUG 1997  | 13:06.18 10,000     |
| 4. Selemon BAREGA, ETH, 20 JAN 2000 | 13:07.35 6,000      |
| 5. Mo AHMED, CAN, 5 JAN 1991        | 13:10.26 5,000      |
| 6. Yenew ALAMIREW, ETH, 27 MAY 1990 | 13:13.08 4,000      |
| 7. Albert ROP, BRN, 17 JUL 1992     | 13:14.31 3,000      |
| 8. Ben TRUE, USA, 29 DEC 1985       | 13:17.62 2,000      |
| 9. Birhanu LEGESE, ETH, 11 SEP 1994 | 13:24.89 SB 1,000   |

10. Ronald KWEMOI, KEN, 19 SEP 1995 13:55.56 1,000  
Paul CHELIMO, USA, 27 OCT 1990 DQ\*

\*) IAAF rule 163.2b (jostling, obstruction); originally finished 2nd in 13:06.09

#### WOMEN

##### 800 (DL):

1. Caster SEMENYA, RSA, 7 JAN 1991	1:55.84	USD 50,000
2. Francine NIYONSABA, BDI, 5 MAY 1993	1:56.71	20,000
3. Margaret WAMBUI, KEN, 15 SEP 1995	1:56.87	PB 10,000
4. Habitam ALEMU, ETH, 9 JUL 1997	1:57.05	NR 6,000
5. Sifan HASSAN, NED, 1993	1:57.12	5,000
6. Charlene LIPSEY, USA, 16 JUL 1991	1:57.99	4,000
7. Melissa BISHOP, CAN, 5 AUG 1988	1:58.30	3,000
8. Selina BÜCHEL, SUI, 26 JUL 1991	1:59.83	-----
9. Eunice SUM, KEN, 10 APR 1988	2:04.31	1,000

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

1. Ruth JEBET, BRN, 17 NOV 1996	8:55.29	WL/MR USD 50,000
2. Beatrice CHEPKOECH, KEN, 6 JUL 1991	8:59.84	PB 20,000
3. Norah JERUTO, KEN, 2 OCT 1995	9:05.31	PB 10,000
4. Emma COBURN, USA, 19 OCT 1990	9:14.81	6,000
5. Hyvin KIYENG, KEN, 13 JAN 1992	9:14.93	5,000
6. Gesa KRAUSE, GER, 3 AUG 1992	9:15.85	4,000
7. Sofia ASSEFA, ETH, 14 NOV 1987	9:16.45	3,000
8. Celliphine CHESPOL, KEN, 22 JUN 1998	9:17.56	2,000
9. Etenesh DIRO, ETH, 10 MAY 1991	9:20.94	1,000
10. Fabienne SCHLUMPF, SUI, 17 NOV 1990	9:28.80	1,000
11. Purity KIRUI, KEN, 13 AUG 1991,	9:40.89	1,000

### World University Games Athletics (28th)

Taipei, TPE, 23-28 August

#### MEN

##### 800 (28):

1. Jesus Tonatiu LOPEZ ALVAREZ, MEX 2 AUG 1997, 1:46.06 PB Gold
2. Mohamed BELBACHIR, ALG 11 JAN 1994, 1:46.73 Silver
3. Aymeric LUSINE, FRA, 13 SEP 1995, 1:47.18 Bronze
4. Hendrik Jacobus UYS, RSA, 4 JUN 1992, 1:47.59
- ... 8. Rynardt VAN RENSBURG, RSA, 23 MAR 1992, 1:49.70

##### Semi-Finals (27):

###### Heat 1 -

1. Aymeric LUSINE, FRA 13 SEP 1995, 1:48.04 Q
2. Artur KUCIAPSKI, POL 26 DEC 1993, 1:48.36 Q
3. Stephen KNUCKEY, AUS 3 NOV 1994, 1:48.39 q
4. Hendrik UYS, RSA 4 JUN 1992, 1:48.66 q

###### Heat 2 -

1. Rynardt VAN RENSBURG, RSA 23 MAR 1992, 1:48.97 Q
2. Filip SNEJDR, CZE 16 APR 1995, 1:49.04 Q
3. Baptiste MISCHLER, FRA 23 NOV 1997, 1:49.07

##### Prelims (26):

###### Heat 2 -

1. Tyler SMITH, CAN 2 JUL 1994, 1:52.25 Q

2. Stephen KNUCKEY, AUS 3 NOV 1994, 1:52.47 Q
3. Rynardt VAN RENSBURG, RSA 23 MAR 1992, 1:55.00 Q

## Heat 3 -

1. Soufiane EL KABBOURI, ITA 5 MAR 1993, 1:51.06 Q
2. Levent ATES, TUR 20 MAR 1991, 1:51.17 Q
3. Hendrik UYS, RSA 4 JUN 1992, 1:51.18 Q

## 1500 (25):

1. Timo BENITZ, GER 24 DEC 1991, 3:43.45 Gold
2. Alexis MIELLET, FRA 5 MAY 1995, 3:43.91 Silver
3. Jonathan DAVIES, GBR 28 OCT 1994, 3:43.99 Bronze
- ... 11. Rantso MOKOPANE, RSA 8 AUG 1994, 3:47.97

## Prelims (23):

## Heat 2 -

1. Alexis MIELLET, FRA 5 MAY 1995, 3:46.76 Q
2. Fernando MARTINEZ ESTRADA, MEX 30 MAY 1993, 3:46.88 Q
3. Isaac HOCKEY, AUS 22 AUG 1997, 3:46.88 Q
- ... 8. Jeremiah MOTSAU, RSA 12 MAR 1990, 3:49.22

## Heat 3 -

1. Grzegorz KALINOWSKI, POL 22 SEP 1990, 3:49.14 Q
2. Rantso MOKOPANE, RSA 8 AUG 1994, 3:49.84 Q
3. Cole PETERSON, CAN 22 AUG 1993, 3:50.12 Q

## 5000 (28):

## Final (28):

1. Francois BARRER, FRA, 8 JUN 1993, 14:00.86 Gold
2. Jonathan Stuart DAVIES, GBR, 28 OCT 1994, 14:02.46 Silver
3. Andreas VOJTA, AUT, 9 JUN 1989, 14:02.65 Bronze
- ... 6. Jeromy ANDREAS, RSA, 28 FEB 1992, 14:06.24

## Prelims (26):

## Heat 1 -

1. Nicolae SOARE, ROU 20 SEP 1991, 14:33.08 Q
2. Sadic BAHATI, UGA 30 NOV 1992, 14:33.65 Q
3. Jeromy ANDREAS, RSA 28 FEB 1992, 14:34.18 Q

## Heat 2 -

1. Zemen Addis AYALNEH, ETH 15 MAY 1999, 14:23.12 Q
2. Jonas RAESS, SUI 8 MAR 1994, 14:24.45 Q
3. Matthew BERGIN, IRL 2 MAR 1993, 14:25.10 Q
- ... 10. Jeremiah MOTSAU, RSA 12 MAR 1990, 14:44.23 PB

## 10000 (24):

1. Sadic BAHATI, UGA 30 NOV 1992, 29:08.68 PB Gold
2. Nicolae SOARE, ROU 20 SEP 1991, 29:12.76 PB Silver
3. Kazuya SHIOJIRI, JPN 8 NOV 1996, 29:20.96 Bronze
- ... 6. Jeromy ANDREAS, RSA 28 FEB 1992, 29:56.09
7. Mokofane KEKANA, RSA 3 OCT 1995, 30:33.03
- ... 11. Marianio EESOU, RSA 7 DEC 1991, 31:12.90

## 3000 s/chase (27):

1. Krystian ZALEWSKI, POL 11 APR 1989, 8:35.88 Gold
2. Rantso MOKOPANE, RSA 8 AUG 1994, 8:36.25 Silver
3. Ali MESSAOUDI, ALG 13 OCT 1995, 8:37.14 Bronze



## Half Marathon 21.1 km (27):

1. Kei KATANISHI, JPN 18 MAR 1997, 1:06:09 Gold
2. Naoki KUDO, JPN 5 SEP 1995, 1:06:23 Silver
3. Kengo SUZUKI, JPN 11 JUN 1995, 1:06:56 Bronze
- ... 5. Mokofane KEKANA, RSA 3 OCT 1995, 1:08:57
- ... 14. Thabang MASIHLEHO, RSA 17 MAY 1990, 1:11:04
- ... 19. Collen MULAUDZI, RSA 8 APR 1991, 1:11:37
- ... 32. Marianio EESOU, RSA 7 DEC 1991, 1:15:38

## WOMEN

## 800 (25):

1. Rose Mary ALMANZA BLANCO, CUB 13 JUL 1992, 2:02.21 Gold
2. Olga LIAKHOVA, UKR 18 MAR 1992, 2:03.11 Silver
3. Docus AJOK, UGA 12 JUL 1994, 2:03.22 Bronze

## Prelims (23):

## Heat 4 -

1. Adelle TRACEY, GBR 27 MAY 1993, 2:05.78 Q
2. Jenna WESTAWAY, CAN 19 JUN 1994, 2:05.80 Q
3. Christina HERING, GER 9 OCT 1994, 2:05.80 Q
4. Anuschka NICE, RSA 26 AUG 1991, 2:06.38

## 1500 (28):

1. Amela TERZIC, SRB, 2 JAN 1993, 4:19.18 Gold
2. Docus AJOK, UGA, 12 JUL 1994, 4:19.48 Silver
3. Kristiina MAKI, CZE, 22 SEP 1991, 4:20.65 Bronze

## Prelims (26):

## Heat 1 -

1. Docus AJOK, UGA 12 JUL 1994, 4:19.21 Q PB
2. Amela TERZIC, SRB 2 JAN 1993, 4:19.59 Q
3. Kristiina MAKI, CZE 22 SEP 1991, 4:19.86 Q
- ... 8. Anuschka NICE, RSA 26 AUG 1991, 4:29.24

## 5000 (27):

1. Hanna KLEIN, GER 6 APR 1993, 15:45.28 Gold
2. Jessica O'CONNELL, CAN 10 FEB 1989, 15:50.96 Silver
3. Jessica JUDD, GBR 7 JAN 1995, 15:51.19 Bronze
- ... 9. Kesaoleboga MOLOTSANE, RSA 8 JAN 1992, 16:01.76 PB

## 10000 (23):

1. Daria MASLOVA, KGZ 6 MAY 1995, 33:19.27 Gold
2. Sanjivani JADHAV, IND 12 JUL 1996, 33:22.00 PB Silver
3. Ai HOSODA, JPN 27 NOV 1995, 33:27.89 Bronze

## 3000 s/chase (26):

1. Tugba GUVENC, TUR 9 JUL 1994, 9:51.27 Gold
2. Viktoria GYUERKES, HUN 15 OCT 1992, 9:52.17 Silver
3. Ozlem KAYA, TUR 20 APR 1990, 9:52.59 Bronze
- ... 16. Thembi Lucia BALOYI, RSA 7 JAN 1989, 11:19.24

## Half Marathon 21.1 km (27):

1. Yuki MUNEHISA, JPN 15 DEC 1997, 1:13:48 Gold
2. Esmat AYDEMIR, TUR 1 JAN 1992, 1:14:28 Silver
3. Saki FUKUI, JPN 25 MAR 1996, 1:14:37 Bronze
- ... 15. Letitia SAAYMAN, RSA 28 OCT 1992, 1:23:57

... 23. Thambi Lucia BALOYI, RSA 7 JAN 1989, 1:37:26  
DNF-- Tanya SCOTT, RSA 27 FEB 1990

### **Grand Prix Sopot Janusz Sidlo Memorial (20th)**

Sopot, POL, 16 August

#### **MEN**

800:

1. Kevin LOPEZ 90-01-01 SPAIN(ESP) 1:47.45
2. Michał ROZMYS 95-03-13 UKS Barnim Goleniów(POL) 1:47.68
3. Job KINYOR 88-05-08 KENYA(KEN) 1:47.69
4. Artur KUCIAPSKI 93-12-26 AZS-AWF Warszawa(POL) 1:47.70
5. Daniel ROWDEN 97-09-09 GREAT BRITAIN(GBR) 1:47.79

1500:

1. Jakob INGEBRIGSTEN 00-09-19 NORWAY(NOR) 3:40.66
2. Tamas KAZI 85-05-16 HUNGARY(HUN) 3:40.98
3. Adam CLARKE 91-04-03 GREAT BRITAIN(GBR) 3:42.97
4. Grzegorz KALINOWSKI 90-09-22 MKL Torun(POL) 3:43.85
5. Jamal AL-HAYRANI 93-05-26 QATAR(QAT) 3:45.77

#### **WOMEN**

1000:

1. Angelika CICHOCKA 88-03-15 SKLA Sopot(POL) 2:39.77
2. Liina TSERNOVA 95-01-10 ESTONIA(EST) 2:41.31
3. Sofia ENNAOUI 95-08-30 MKL Szczecin(POL) 2:41.50
4. Martyna GALANT 95-01-26 OS AZS Poznan(POL) 2:41.87 pb
5. See HEIDI 89-08-09 AUSTRALIA(AUS) 2:42.49

## **NEWS**

### **SPAR GRAND PRIX POINTS STANDINGS**

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

#### **OPEN**

1	Kesa Molotsane	KPMG	137
2	Irvette van Zyl	Nedbank	116
3	Nolene Conrad	KPMG	87
4	Lebogang Phalula	Boxer	84
5	Glenrose Xaba	Boxer	80
6	Rutendo Nyahora	ZIM/Nedbank	68
7	Rhudo Monderwa	ZIM/Nedbank	66
8	Cornelia Joubert	Boxer	61
9	Mapaseka Makhanya	Olifantsfontein	45
10	Elizabet Arsedo	ETH/Nedbank	32
11=	Patience Murowe	ZIM/Nedbank	31
11=	Nicole Louw	KPMG	31
13	Tish Jones	GBR/KPMG	30
14	Bertha Chikanga	ZIM/Maxed Elite	28
15	Maria Shai	Boxer	27
16	Jenna Challenor	KPMG	26
17	Christine Kalmer	KPMG	24
18	Zintle Ziniwe	KPMG	22
19	Janie Grundling	Boxer	18

20	Loveness Madziva	ZIM/Nedbank	17
21=	Keneilwe Sesing	KPMG	14
21=	Janet Mbhele	Umzimkulu Str	14
23	Onneile Dintwe	BOT/Nedbank	12
24	Simonay Weitsz	Boxer	11
25	Shanley Koekemoer	KPMG	10
26	Charné Bosman	Nedbank	9
27=	Carina Viljoen	KPMG	8
27=	Marelise Retief	Boxer	8
29=	Meseret Merine	ETH/Nedbank	7
29=	Tyler Beling	Fichardt Park	7

**Veterans:**

1	Tanith Maxwell	Boxer	29
2	Janene Carey	Boxer	23
3	Bulelwa Simae	Nedbank	22

**Masters:**

1	Judy Bird	KPMG	50
2	Grace de Olivera	Boxer	22
3	Gail Babich	Savages AC	11

**G'masters:**

1	Margie Saunders	Nedbank	15
2	Blanche Moila	Savages	12
3	Sonja Laxton	RAC	11

**Juniors:**

1	Nicole Louw	KPMG	30
2	Simonay Weitz	Boxer	20
3	Shanley Koekemoer	KPMG	17

**STATS TIME**

This week we include a list of the top ten SA women in the 10 km for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed. The top 25 times on the list have been run by only nine athletes.

**2017 10 KM: TOP 10 WOMEN**

32:22	Dominique Scott-Efurd	5	Boston	25 Jun
32:57	Kesa Molotsane	2	Cape Town	02 Apr
33:05	Irvette van Zyl	3	Cape Town	02 Apr
33:19	Molotsane-2	1	Port Elizabeth	06 May
33:23	Van Zyl-2	2	Port Elizabeth	06 May
33:31	Molotsane-3	2	Durban	11 Jun
33:36	Lebogang Phalula	4	Cape Town	02 Apr
33:43	Mapaseka Makhanya	3	Port Elizabeth	06 May
33:47	Cornelia Joubert	5	Cape Town	02 Apr
33:52	Nolene Conrad	4	Port Elizabeth	06 May
33:56	Glenrose Xaba	6	Durban	11 Jun
34:11A	Scott-Efurd-2	10	Falmouth Heights	20 Aug
34:21	Molotsane-4	1	Pietermaritzburg	20 Aug
34:26	Jenna Challenor	10	Cape Town	02 Apr
34:36	Van Zyl-3	1	Pretoria	05 Aug
34:37	Van Zyl-4	3	Pietermaritzburg	20 Aug
34:43	Christine Kalmer	11	Cape Town	02 Apr

## THIS MONTH IN HISTORY

### (Almost exactly) 32 years ago: 26 August 1985

A little less than a year after her traumatic experience in the Los Angeles Coliseum, when she was at first disqualified from the inaugural Olympic 3000 metres and then reinstated, Zola Budd smashed the world record for 5000 m by more than 10 seconds. A few months after Budd had run an unofficial world record of 15:01.83 in Stellenbosch, Norway's Ingrid Kristiansen set a world mark of 14:58.89 at the Bislett Games in Oslo, the world's first sub-15 time. On this day, in a special invitation race at the international match between England, Poland, Hungary and Czechoslovakia, Budd was up against Kristiansen but beat her easily with a new world record of 14:48.07. Kristiansen was second in 14:57.43 with Lorraine Moller (NZL) far behind in third. Almost a year later Kristiansen would take the record back with 14:37.33.

## SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.  
– Ed.

### MEN

#### Open

10 km	28:18	Elroy Gelant	Bellville	03 Jun
	27:18	Bernard Kimeli (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		19 Aug
	44:47	Gladwin Mzazi	Pretoria	
	42:00	Matthew Kimeli Kipkorir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Jun
	61:21	Stephen Mokoka	Port Elizabeth	
	59:10	Bedan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadesse (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
	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	2:16:14	Desmond Mokgobu	London	06 Aug
	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

25 km	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
	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		
<u>Masters (50+)</u>				
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
<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	12:52:48	Ratlali Finger	Cape Town	22 Jul
<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	14:57:07	Donald Ross-Watt	Cape Town	22 Jul
<u>Juniors</u>				
10 km	30:17	Kabelo Seboko	Benoni	29 Jan

15 km	27:52	Richard Chelimo (KEN) 1990		
	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
21.1 km	42:25	Moses Mosop (KEN) 2004		
	68:26	Aphelele Nkonyana	Port Elizabeth	24 Jun
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

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	2:40:15	Mapaseka Makhanya	London	06 Aug
	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		

Veterans (40+)

10 km	36:40	Bulelwa Simae	Bellville	03 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:36	Charné Bosman	Pretoria	19 Aug
	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 7:00:27	Rowen Gloyne Normi Sakurai (JPN) 2007	Cape Town	22 Jul
<u>Masters (50+)</u>				
10 km	38:43 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	02 Apr
15 km	64:28 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Constantia	11 Mar
21.1 km	92:01 76:07	Christine Claasen Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	13 May
25 km	2:05:56A 2:07:29	Roshini Natasen Ansa Strydom	Pinetown Pretoria	29 Jan 06 May
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Durban	09 Apr
100 km	14:27:46	Cynthia Jooste	Cape Town	22 Jul
<u>Grandmasters (60+)</u>				
10 km	42:08 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	19 Aug
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	85:37 72:52	Annetjie Greyvenstein Jo Klein (NED) 2004	Pretoria	19 Aug
21.1 km	1:55:21 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Wellington	01 May
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:23 31:42	Nicole Louw Zola Pieterse (RSA) 1984	Pietermaritzburg	20 Aug
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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