

# Distance Running Results

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

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## EDITORIAL

The most outstanding performance of the weekend came from Kenya's Joyciline Jepkosgei, who achieved the first-ever sub-30 10 km time by a woman on the road when she won the Birell Grand Prix race in Prague in 29:43. Jepkosgei, who does not run on the track, bettered her own IAAF-ratified world record of 30:04 set in Prague in April *en route* to her victory at the Sportisimo Prague Half Marathon. In the men's race the top ten men all ran personal bests, including winner Benard Kimeli, who clocked a world-leading 27:10, which was also a course record

Two South African women did exceptionally well in international races. Dominique Scott finished a superb sixth in the very competitive 37th running of the New Balance 5th Avenue Mile in New York. Scott ran 4:19.6, more than 16 sec faster than her previous road PB. Her PB on the track is 4:30.24, clocked last month in Falmouth. Nick Willis (NZL) and Jenny Simpson (USA) scored their fourth and sixth victories respectively. It was Simpson's fifth win in a row and her 4:16.6 equalled the course record set in 1990. Willis ran 3:51.3. The event -- 23 races in all -- had a total of 7664 finishers in a variety of age groups.

In the Simplyhealth Great North Run Half Marathon, on the aided course from Newcastle to South Shields, Gerda Steyn -- who last weekend scored a personal best over 10 km in Great Britain -- set another big PB when she clocked 1:17:47. Mo Farah, who has announced that he will run the London Marathon next year, won the race for an unprecedented fourth time in a row, while Mary Keitany got her third victory in the women's race.

In Potchefstroom Precious Mashele (10 km) and Mtobisi Baloyi (4 km) won the men's titles at the SA Cross-country Championships, while Glenrose Xaba took both women's races, in 35:51 and 13:58 respectively -- the 4 km by a whopping 40 seconds. Only one athlete has ever won both titles at the same edition of the championships -- Elroy Gelant in 2013.



Any guesses who these two famous South African marathoners of yesteryear are?

Zolani Mabhongo and Ntombesintu Mfunzi won the Eastern Province 10 km titles in Despatch in 30:38 and 37:22 respectively. An excellent 33:39 was run by master Desmond Zibi, who was eighth overall.

The previous weekend the Gauteng North titles went to Simon Mokonyama (31:21) and Xaba (37:03).

Also last weekend, the 40th running of the NFB Tony Viljoen Border Masters Marathon in East London (on an aided course) went to Zingisile Marikeni in 2:27:28 and Andrea Ranger in 3:02:58. It was the third win for both -- Marikeni also won in 2012 and 2014 and Ranger in 2012 and last year. Marikeni's time is the fastest in the race since Lulama Mshiywa ran 2:24:44 in 2003, and Ranger's the fastest since Sharon Wood's 2:59:49 in 2008. (Only two other women have ever dipped under 3 hours -- Margie Saunders as long ago as 1994 and Sharon Eldridge in 2001.)

In the results of the Spirit of Flight 10 km in last week's DRR the first master woman was Gail Strang, not Strand, and her time was 45:41, not 41:51.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* SAPS Striders Half Marathon & 10 km, Durban
- \* Despatch Superspar 10 km, Despatch
- \* NFB Tony Viljoen Border Masters Marathon, East London
- \* ARD 3 Vlei Race, Grassy Park
- \* Mpati Mountain Race, Dundee
- \* Chesterville 10 km, Durban
- \* AGN 10 km Championships, Pretoria
- \* Capital Climb, Pietermaritzburg
- \* XC: South African Cross-country Championships, Potchefstroom

#### **International highlights:**

- \* New Balance Fifth Avenue Mile, New York, USA
  - \* Simplyhealth Great North Run, Newcastle to South Shields, GBR
  - \* Birell Grand Prix, Prague, CZE
  - \* Great North CityGames, Gateshead, GBR
  - \* Faxon Law New Haven Road Race, New Haven, USA
  - \* Deutsche Straßenlaufmeisterschaften 10 km, Bad Liebenzell, GER
  - \* CZ Ten Miles of Tilburg & Tilburg Ladies Run 10 km, Tilburg, NED
  - \* Semi-Marathon International de Lille Métropole, Lille, FRA
  - \* Track: AG Insurance Memorial van Damme, Bruxelles, BEL; Hanzekovic Memorial (67th), Zagreb, CRO
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## **ROAD RUNNING**

### **SAPS Striders Half Marathon & 10 km**

Durban, 10 September  
(Distances: 21.1 km & 10 km)

#### **Half marathon**

MEN

1. Sphamandla Nyembe (Ethekwini) 1:08:44
2. Vumani Mlaba (Ethekwini) 1:09:44
3. Nkosinathi Duma (Arthur Ford) 1:10:18

**40-49:** 1. Nkosinathi Ngcongco (Stella) 1:15:12. **50-59:** 1. Robert Gcaba (Toti) 1:25:01.  
**60+:** 1. Les Smith (Westville) 1:53:54.

WOMEN

1. Puselesto Dladla (Hollywoodbets) 1:28:15  
 2. Janie Grundling (Boxer) 1:28:31  
 3. Nomthandazo (Ethekwini) 1:28:54

**40-49:** 1. Shani Silver (Boxer) 1:32:10. **50-59:** Roshini Natassen (Highway) 1:44:46.  
**60+:** 1. Jenny Scott (Dolphin) 1:58:01.

**10 km**

MEN

1. Simphiwe Zulu (Hollywoodbets) 31:18  
 2. Bongani Mkhwanazi (Bluff) 31:33  
 3. Muziwenkosi Mjaja (Nedbank) 32:33

**40-49:** 1. Simphiwe Zulu (Hollywoodbets) 31:18. **50-59:** 1. Bheki Bhengu (Boxer) 38:59.  
**60+:** 1. Akim Mhlanzi (Savages) 39:39. **Juniors:** 1. Siyanda Mkhize (Hollywoodbets) 34:14.

WOMEN

1. Nontokozo Mkhize (Nedbank) 38:25  
 2. Zama Mokoena (Nedbank) 39:36  
 3. Kholeka Biyela (Nedbank) 40:35

**40-49:** 1. Derby Pamy (Nedbank) 42:08. **50-59:** 1. Sally Shaw (Savages) 51:09. **60+:** 1. Pat Fisher (Stella) 53:37. **Juniors:** 1. Kholeka Biyela (Nedbank) 40:35.

**Despatch Superspar 10 km**

(Eastern Province 10 km Championships)

Despatch, 9 September

(Finishers: 431)

MEN

1	Zolani	Mabhongo	Ikhamva AC	31	30:38
2	Luyanda	Tshangana	Ikhamva AC	34	31:54
3	Rodney	Prins	Nedbank RC EP	29	32:26
4	Masande	Mlonyeni	Charlo AC	36	32:42
5	Vuyolwethu	Selana	SAP AC EP	21	32:57
6	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	33:18
7	Zolile	Mhlahlo	Achilles AAA	42	33:29
8	Desmond	Zibi (1st mast)	Achilles AAA	53	33:39
9	Sinethemba	Mirele	SAP AC EP	20	33:50
10	Kevin	Gasebo	Transnet Eng EP	37	34:00
11	Bulelani	Niwa	Achilles AAA	33	34:12
12	Melikhaya	Kepe	Nedbank RC EP	41	34:13
13	Sandile	Ngunuza	Nedbank RC EP	34	34:17
14	Lubabalo	Mdlungwane	Ikhamva AC	27	34:25
15	Xabiso	Kobe (1st jun)	Tinarha AC	19	34:25
16	Mvuyisi	Gcogco	Motherwell AC	27	34:31
17	Thando	Ncipa	SAP AC EP	25	34:31
18	Mthuthzeli	Mtenganya	SAP AC EP	23	36:07
19	Sibusiso	Thu	SAP AC EP	29	36:08
20	Andre	Ketchem	X-Cel AC	33	36:09

**40-44:**

1	Mzwanele	Maphekula	Bluewater Bay	41	33:18
2	Zolile	Mhlahlo	Achilles AAA	42	33:29
3	Melikhaya	Kepe	Nedbank RC EP	41	34:13

**45-49:**

1	Noel	Adams	Gelvan AC	45	36:23
2	Alfred	Pakkies	Charlo AC	49	39:04
3	Mzwandile	Yokwe	Ikhamva AC	48	41:58

**50-54:**

1	Desmond	Zibi	Achilles AAA	53	33:39
2	Christopher	Mabengeza	Nedbank RC EP	51	36:55
3	Sithembiso	Yozo	Temp	53	37:42

**55-59:**

1	Kenneth	Menze	Bluewater Bay	55	38:04
2	Chester	Brooks	X-Cel AC	59	43:42
3	Kevin	Gillmer	Muirite Striders	56	43:49

**60-64:**

1	Roger	Trader	Achilles AAA	63	42:39
2	Bruce	McEwan	Achilles AAA	63	46:16
3	At	Schoeman	Nedbank RC EP	60	49:02

**65-69:**

1	Hannes	Els	Madiba Bay Warriors AC	67	42:21
2	Albert	Ngcanga	X-Cel AC	67	43:48
3	Percy	Dalton	Achilles AAA	69	47:41

**70-74:**

1	Johannes	Herbst	Muirite Striders	71	48:27
2	Peter	Eck	Muirite Striders	70	56:18
3	Andre	Fourie	Nedbank RC EP	70	58:29

**75-79:**

1	Godfrey	Kariem	Gelvan AC	76	55:32
2	Willem	Schoeman	Muirite Striders	76	1:14:40
3	Robin	Clark	Achilles AAA	76	1:18:32

**Juniors:**

1	Xabiso	Kobe	Tinarha AC	19	34:25
2	Siphosethu	Scout	SAP AC EP	15	36:10
3	Clayton	Vaaltuin	Temp	18	36:42

**WOMEN**

1	Ntombesintu	Mfunzi	Nedbank RC EP	35	37:22
2	Luthando	Nxanisa	Bestmed Madibaz AC	24	41:44
3	Davera	Magson (1st vet)	Nedbank RC EP	42	43:29
4	Christine	Claasen (1st mast)	Achilles AAA	53	43:45
5	Terray	Newcombe	Elite AC	26	44:26
6	Siphokazi	Liwani	Motherwell AC	20	44:37
7	Ludine	Williams	St Albans CS EP	30	44:54
8	Grizelda	Pietersen	Nedbank RC EP	48	45:02
9	Michelle	Van Iddekinge	Elite AC	50	45:04
10	Hanlie	V.d. Westhuizen (1st g'mast)	Despatch AC	61	45:05
11	Anja	Webber (1st jun)	St Albans CS EP	16	45:13
12	Priscilla	Dyantyi	Nedbank RC EP	43	45:22
13	Toegeda	Vyver	Nedbank RC EP	45	46:40
14	Talana	Vosloo	Despatch AC	36	46:49
15	Lily	Janse van Rensburg	Despatch AC	41	47:14
16	Natasha	Magaga	Motherwell AC	15	47:41
17	Amanda	Prideaux	Bluewater Bay	42	47:43
18	Elize	Adams	Gelvan AC	42	47:45
19	Cathy	Curtain	Muirite Striders	46	48:27

20	Nomakhosi	Ntlizyo	Bestmed Madibaz AC	19	48:28
<b>40-44:</b>					
1	Davera	Magson	Nedbank RC EP	42	43:29
2	Priscilla	Dyantyi	Nedbank RC EP	43	45:36
3	Lily	Janse van Rensburg	Despatch AC	41	47:30
<b>45-49:</b>					
1	Grizelda	Pietersen	Nedbank RC EP	48	45:02
2	Toegeda	Vyver	Nedbank RC EP	45	46:41
3	Cathy	Curtain	Muirite Striders	46	48:31
<b>50-54:</b>					
1	Christine	Claasen	Achilles AAA	53	43:45
2	Michelle	Van Iddekinge	Elite AC	50	45:04
3	Karen	Mels	Body Concept	52	50:55
<b>55-59:</b>					
1	Belinda	Bain	Charlo AC	55	51:43
2	Aletta	Joubert	Crusaders AC	55	55:17
3	Lynette	Crause	Infinity AC	57	56:49
<b>60-64:</b>					
1	Hanlie	Van der Westhuizen	Despatch AC	61	45:05
2	Christine	Snyman	Despatch AC	61	54:06
3	Cathy	Ives	Achilles AAA	64	59:04
<b>65-69:</b>					
1	Helene	Oppel	Elite AC	67	1:01:30
2	Jeanette	Pienaar	PEAAC	69	1:09:33
3	Jos	Els	Madiba Bay Warriors AC	65	1:09:53
<b>70-74:</b>					
1	Liz	Jenkerson	Muirite Striders	70	54:49
2	Denise	Terblanche	Infinity AC	70	1:09:06
3	Orgia	Nell	Muirite Striders	73	1:14:35
<b>75-79:</b>					
1	Dorothy	Hart	Nedbank RC EP	79	1:26:53
<b>Juniors:</b>					
1	Anja	Webber	St Albans CS EP	16	45:13
2	Natasha	Magaga	Motherwell AC	15	47:44
3	Nomakhosi	Ntlizyo	Bestmed Madibaz AC	19	48:35

### **NFB Tony Viljoen Border Masters Marathon (40<sup>th</sup>)**

East London, 3 September

(Distance: 42.195 km; point-to-point downhill course from Stutterheim to East London, finishing at the Beacon Bay Country Club. Finishers: 484 [up from 376 last year].)

Note: Prize money was only paid in the five-year age groups from 35 upwards: R150, R75, R50. -- Ed.

#### **MEN**

1. Zingisile Marikeni (Ned) 2:27:28
2. Nkosinathi Nzingo (Ned) 2:38:15
3. Xolisile Sinkintama (RG) 2:41:13
4. Mnonopheli Zunguzane (OM) 2:41:28
5. Lulamile Damile (Cheetahs) 2:41:29

**40-44:** 1. Zingisile Marikeni (Ned) 2:27:28; 2. Mndeni Zulu 2:43:26; 3. Doran Fritz (Ned) 2:52:17. **45-49:** 1. Luvuyo Stephen (Ned) 2:50:26; 2. Zakathini Retyu (QH) 2:53:58; 3. Thandabantu Poswa (BRAC) 2:56:09. **50-54:** 1. Tana Bontsi (RG) 3:30:22; 2. Mxolisa Dayi (RG) 3:36:02; 3. Denetrias Baddis (RG) 3:39:32. **55-59:** 1. Mzoli Mpalala (OMAC)

2:44:40; 2. Colin Bosch (OS) 3:34:40; 3. Madala Moyo (OM) 3:36:17. **60-64:** 1. Matthews Novokoza (Cheetahs) 3:23:22; 2. Ferdie Gerber (ELAC) 4:13:35; 3. Neville Kirsten (B2R) 4:28:50. **65-69:** 1. Sam Damane (B2R) 3:51:18; 2. Singa Ngwala (RG) 4:58:37; 3. Brian Beling (Gonubie) 5:37:59.

#### WOMEN

1. Andrea Ranger (OS) 3:02:58
2. Ingrid Webber (OS) 3:07:38
3. Melanie Elsdon (Ox St) 3:14:27
4. Karen Davis (B2R) 3:14:37
5. Melanie Schemel (B2R) 3:19:39

**40-44:** 1. Karen Davis (B2R) 3:14:37; 2. Janet Kieck (B2R) 4:03:00; 3. Annamarie Acton (B2R) 4:19:26. **45-49:** 1. Tracy Kitching (Ox St) 3:52:40; 2. Berenice Timothy (B2R) 3:59:09; 3. Ntombi Mbane (BRAC) 4:15:10. **50-54:** 1. Nicolene van Zyl (Ned) 4:17:15; 2. Mary-Anne Paton (Ind) 4:27:33; 3. Margaret Bentley (Ox St) 4:46:06. **55-59:** 1. Mauren Muhlenberg (B2R) 3:53:07; 2. Sharon Eldridge (OS) 4:14:02; 3. Suzette Krause (Ox St) 4:23:12. **60-64:** 1. Elsabe de Klerk (Ned) 4:16:29; 2. Michelle Whittington (OS) 4:34:11.

#### ARD 3 Vlei Race (7<sup>th</sup>)

Grassy Park, Cape Town, 10 September

(Distance: 10 km; certified loop course. Finishers: 2155 [up from 2069 last year].)

#### MEN

1. Heinrich Wagner (KPMG) 30:39
2. Lukhanyo Nobakada (VOB) 31:15
3. Thembeko Mendu (Gugs) 31:20 (1st jun)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:55; Gareth Berning (VOB) 34:03; 3. Xolile Macanda (Gugs) 35:00. **Masters:** 1. John September (Itheke) 36:00; 2. Steve Motau (Itheke) 37:27; 3. Shafiek Cassiem (Itheke) 40:56. **G'masters:** 1. Mochamat Kriel (Ommie) 38:41; 2. Goodman Mfuka (Gugs) 42:26; 3. Barry Bester (CMC) 44:06. **G/g'masters:** 1. Jimmy Morris (Forest) 44:13; 2. David Kennet (VOB) 55:59; 3. Oloff Crous (Brack) 56:32. **Juniors:** 1. Thembeko Mendu (Gugs) 31:20; 2. Edward Jack (Gugs) 34:11; 3. Gersha Aziza (SH) 34:14.

#### WOMEN

1. Fortunate Chidzivo (ZIM/Ned) 36:03
2. Obertina Kanyongo (ZIM/Ned) 40:48 (1st mast)
3. Ursula Frans (Ned) 41:34 (1st vet)

**Veterans:** 1. Ursula Frans (Ned) 41:34; 2. Jacky Misroll (Pine) 44:03; 3. Zethena October (Ravens) 45:33. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 40:48; 2. Cailey Bredenkamp (Paarl) 47:15; 3. Teretha Lourens (WC) 47:33. **G'masters:** 1. Theresa Isaacs (VOB) 53:54; 2. Anne Williams (PnP) 59:06; 3. Basheerah Emandien (Top) 62:55. **G/g'masters:** 1. Marietha Herbert (Bell) 54:09; 2. Marlene James (Pine) 60:19; 3. Jean Cammidge (FH) 69:19. **Juniors:** 1. Razaan Kamaldien (Carb) 42:59; 2. Layla Abouzaid (Good) 43:27; 3. Caitlyn Schlehmayr (Lange) 44:42.

**Mpati Mountain Race (37<sup>th</sup>)**

Dundee, 4 September

(Distance: 15 km; hilly loop course on tar, mountain trails and gravel.)

## MEN

1. Lindo Kuhle Sithole (Phantane) 1:08:00
2. Bongani Sabelo (Biggarsberg AC ) 1:09:32
3. Vusimuzi Ngobese (32Gi) 1:09:38

**Veterans:** 1. Bongani Ngobese (Osizweni) 1:28:36. **Masters:** 1. Vusimuzi Ngobese (32Gi) 1:09:38. **G'masters:** 1. Vusimuzi Zondi (Biggarsberg AC) 1:33:23. **Juniors:** 1. Xolane Sikhakhane (Lindokuhle) 1:39:11.

## WOMEN

1. Nandi Zaloumis Mitchell (Vitality) 1:30:05
2. Jo Claasen (Ind) 1:40:30
3. Priscilla Esterhuyze (Ind) 1:47:00

**Veterans:** 1. Carol Cox (Ind) 1:59:00. **G'masters:** 1. Cathy de Beer (Vryheid) 2:34:04. **Juniors:** 1. Nontobeko Buthelezi (Lindokuhle) 1:56:17.

**Chesterville 10 km**

Durban, 3 September

## MEN

1. Muziwenkosi Elvis Mjaja (Ned) 33:14
2. Vumani Mlaba (EtheK) 33:21
3. Sphamandla Nyembe (EtheK) 33:32

**Veterans:** 1. Mcebisi Mhlanganyelwa (Ches) 40:15. **Masters:** 1. Steve Heuer (RHAC) 50:48. **G'masters:** 1. Les Smith (West) 55:50. **G/g'masters:** 1. Jeff Armstrong (AN) 71:05.

## WOMEN

1. Manuela Diener (Sav) 52:06
2. Samantha Gould (Get Fit) 56:27
3. Amanda Botes (Stella) 56:38

**Veterans:** 1. Alison Parle (West) 66:01. **Masters:** 1. Lucy Theron (Rand H) 64:10. **G'masters:** 1. Sheree Kirsten (West) 60:44. **G/g'masters:** 1. Gill Tregenna (West) 64:22.

**AGN 10 km Championships**

Pretoria, 2 September

## MEN

1 Simon Mokonyama (Monaco) 31:21; 2 Victor Pheeha (Monaco) 32:00; 3 Bafana Dube (Boot Camp) 32:22.

**40-44:** 1 Colin Witbooi (PMMC) 35:54; 2 Sello Ramaloko (Runavation) 36:04; 3 Jaco Brummer (KPMG) 36:56. **45-49:** 1 Aaron Mabena (Transnet) 41:16; 2 Josias v.d. Merwe (Agape) 45:01. **50-54:** 1 Graeme McCullum (Born 2 Run) 36:26; 2 Alfred Mantji (Nedbank) 39:12; 3 Koos Aphane (PMMC) 40:15. **55-59:** 1 Willie Benecke (NPO) 42:45; 2 Sydney Gegan (Solidarity) 43:23; 3 Gert Steyn (GN Masters) 45:13. **60-64:** 1 Francis Makuka (ZAM/Phobians) 40:03; 2 Johan Fourie (CSIR) 50:30; 3 Chris Harmse (Irene) 51:18. **65-69:** 1 Mike du Bruto (Irene) 45:08; 2 Philip Boardman (ACRW) 45:34. **70-74:** 1 Anton

Harrop-Allin (ACRW) 61:43; 2 Johan Janse van Vuuren (Irene) 65:21; 3 Hein Markotter (PMK) 72:34. **75-79:** 1 Neville Muir (Phobians) 1:42:28. **80+:** 1 Ken Nurden (Agape) 56:54; 2 Andries van Rooyen (VTM) 73:07. **Juniors:** 1 Proud Mngomzulu (TUT) 32:47; 2 Mandla Mahlangu (Nkodima) 34:33; 3 Thamba Chauke (A4A) 34:44.

#### WOMEN

1 Glenrose Xaba (Boxer) 37:03; 2 Katy van Meter (KPMG) 38:41; 3 Carlyn Fischer (The Bicycle Company) 39:21.

**40-44:** 1 Corne Prinsloo (PPMK) 42:48; 2 Adel vd. Worm (Phobians) 44:02; 3 Mandy Immelman (Green Mile) 46:33. **45-49:** 1 Marietjie McDermott (Love Running) 47:36 ; 2 Belinda de Bruin (Irene) 53:17; 3 Mandy Atkins (Agape) 53:50. **50-54:** 1 Ansie Breytenbach (Irene) 47:32; 2 Ina Lagerwall (Magnolia) 47:39; 3 Erika Fourie (Agape) 49:32. **55-59:** 1 Lynette Fisher (Phobians) 46:25; 2 Debbie Bredenkamp (HQH) 46:50; 3 Connie Blom (Runavation) 50:30. **60-64:** 1 Frances van Blerk (Nedbank) 48:22; 2 Carole de Waal (Wingate) 50:20; 3 Joey Cloete (Irene) 52:12. **65-69:** 1 Rina Pretorius (PPMK) 66:05; 2 Bertha Scharck (Akasia) 71:23. **70-74:** 1 Mavis Stadler (Agape) 81:10; 2 Hettie Booysen (Green Mile) 86:48. **Juniors:** 1 Mira Kafka (ACRW) 44:51; 2 Tikara Nothnagel (VTM) 47:26; 3 Chantelle Shultz (Wingate) 54:50.

#### Capital Climb (42nd)

Pietermaritzburg, 2 September

(Distance: 15 km; very hilly out-and-back course. Finishers: 941 [down from 1181 last year]; also 456 in the 5 km.)

#### MEN

1.	Sithembele Fanekho	Nedbank	51:46
2.	Mzwenkosi Mthalane	Ind	52:23
3.	A.N. Other	Arthur Ford	54:52

#### 40-49:

1.	Bernard Phalatsane	ZIM/Phuma	56:37
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#### 50-59:

1.	Willie Majombozi	Boxer	65:54
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#### 60+:

1.	Douglas Couperthwaite	Coll Harr	86:13
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#### WOMEN

1.	Sanelisiwe Mbanjwa	Ind	66:28
2.	Thobile Mkhize	Speed Exp	69:10
3.	Bathobile Mkhize	Speed Exp	69:31

#### 40-49:

1.	Pat Dammann	Team Vit	73:41
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#### 50-59:

1.	Karen Jonsson	Roag	84:01
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#### 60+:

1.	Pam Rasmussen	YWPA	92:44
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**CROSS-COUNTRY****South African Cross-country Championships**

(69th for men; 54th for women)

Potchefstroom, 9 September

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

## SR. MEN (10 km)

1	Precious	MASHELE	CGA	30:31
2	Joel	MMONE	ACNW	30:44
3	Thabang	MOSIAKO	ACNW	30:53
4	David	MANJA	ACNW	31:37
5	Simon	SIBEKO	CGA	31:43
6	Ntsindiso	MPHAKATHI	CGA	31:52
7	Sipho	MBANJWA	KZNA	31:56
8	Ntekele	MOSHWETSI	ANWN	31:59
9	Phillimon	MATHIBA	CGA	32:08
10	Obed	KOPONG	ACNW	32:12
11	Adriaan	GERWEL	EPA	32:21
12	Puseletso	MOFOKENG	AVT	32:21
13	Bonginkosi	ZWANE	KZNA	32:27
14	Prince	JALI	CGA	32:38
15	Kamogelo	MASEMOLA	LIMA	32:42
16	Musa	NKOSI	AGN	32:50
17	Mariano	EESOU	EPA	32:53
18	Tumisang	MONNATLALA	CGA	33:07
19	Danzil	PAULSE	WPA	33:15
20	Richard	MAVUSO	AGN	33:17
21	Xulisa	QULISA	AFS	33:27
22	Derocious	MAKHOBALO	CGA	33:30
23	Mthokozisi	MAZIBUKO	KZNA	33:33
24	Pita	MAKHOALI	AVT	33:44
25	Xolisani	ZAMKELE	ATRA	33:48
26	Zwene	MORENG	AFS	33:54
27	Mzwenkosi	MJAJA	KZNA	33:59
28	Moeletsi	MOLETSANE	IND	34:00
29	Raydon	BALIE	IND	34:01
30	Anastacius	ONTONG	AFS	34:07
31	Siboniso	SOLDAKA	WPA	34:15
32	Moses	MAHLANGU	AMPU	34:22
33	Langa	ZUMA	AVT	34:22
34	Siphesihle	MASONDO	KZNA	34:25
35	Mahlomola	SEKHONYANA	KZNA	34:26
36	Reuben	MOSIANE	ACNW	34:30
37	Jetro	SITHOLE	AMPU	34:42
38	Mandla	NKABINDE	AMPU	34:43
39	Brenden	EFFENAAR	EPA	34:47
40	Sisa	DALUBOM	ATRA	34:50
41	Oupa	MASEKO	AGN	34:51
42	Thabang	NKUNA	LIMA	34:52
43	Kamogelo	MONCHO	ACNW	34:57
44	David Teboho	MAJORO	SAPD	35:01
45	Boy	SOKE	AFS	35:03
46	Angelo	BOOYSEN	BOLA	35:05
47	Joseph	MANELO	AFS	35:10
48	Maetso	MOTSHABI	SAPD	35:25

49	Dumisani	MAHLANGU	AMPU	35:30
50	Wilfred	LEEUEW	SAPD	35:30

## SR. MEN

1	Mtobisi	BALOYI	ACNW	11:43
2	Moeketsi	TSEISO	ACNW	11:48
3	Rantso	MOKOPANE	ACNW	11:58
4	Reghen	MAGWAI	AGN	12:02
5	Nkosinathi	SIBIYA	KZNA	12:05
6	Jeromy	ANDREAS	CGA	12:07
7	Marko	BUCORIZZA	CGA	12:10
8	Sibusiso	MADIKIZELA	WPA	12:16
9	Simon	MOKONYAMA	AGN	12:16
10	Thabo	MOTAUNG	CGA	12:17
11	Treasure	DERISON	AFS	12:18
12	Henry	MAKANE	IND	12:18
13	Victor	PHEEHA	AGN	12:25
14	Thulisile	NOBANDA	ATRA	12:29
15	Samuel	MATSEPE	ACNW	12:31
16	Phulani	BUTHELEZI	AGN	12:34
17	Sikhalo	MTHEMKHULU	AGN	12:34
18	Selapane Jonas	SOKE	AFS	12:35
19	Thato	MOLATEDI	CGA	12:36
20	Xolisa	QULISO	AFS	12:36
21	Thabang	MAFA	CGA	12:40
22	Jonathan	BREDENKAMP	AGN	12:41
23	Mpho	MOTAUNG	AGN	12:42
24	Awethu	NTSOTHO	ATRA	12:43
25	Phuti	SETHOWA	LIMA	12:43
26	Donald	SEDISE	ANWN	12:48
27	Solomon	BOTLHOHO	AGN	12:51
28	Mongezi	NGOBE	ATRA	12:56
29	Sikhumbuso	SEME	AGN	12:58
30	Molelekoa	MATOLI	AFS	13:00
31	Tian	BASSON	AMPU	13:06
32	Koos	BALOYI	AGN	13:06
33	Kabelo	MOHLOSI	ANWN	13:09
34	André	AFRIKA	IND	13:10
35	Lesley	CHIFUMBI	ANWN	13:12
36	Sakhumzi	MATISO	ATRA	13:12
37	Clinton	SWANEPOEL	IND	13:17
38	Prince	NDLOVU	AMPU	13:22
39	Alpheus	SEDUTLA	LIMA	13:23
40	Petrus	MOGOLANA	LIMA	13:24
41	Lubabalo	JUSAYI	EPA	13:26
42	Xolani	LONI	AFS	13:27
43	Akhona	MDAKA	BOLA	13:31
44	Paulos	RADEBE	CGA	13:33
45	Ngcobo	PUNGULA	AGN	13:34
46	Tabogo	MARITSI	ACNW	13:34
47	Miclas	LANGA	AGN	13:35
48	Lebohang	TSOTETSI	AFS	13:38
49	Vincent	DAYIYA	SAPD	13:38
50	Wandile	NZIMA	CGA	13:41

## MEN 40 (8 km)

1	Shadrack	HOFF	AGN	25:33
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2	Simon	MPHOLO	CGA	25:38
3	Simphiwe	ZULU	KZNA	26:00
MEN 45 (8 km)				
1	Shawn	ABRAHAMS	WPA	28:01
2	Peter	MASIA	CGA	28:11
3	Samuel	MAYISELA	CGA	28:21
MEN 50 (8 km)				
1	Ishmael	MOTHOANE	ANWN	26:28
2	George	MOOI	CGA	27:45
3	Nico	DEERLING	ACNW	29:45
MEN 55 (8 km)				
1	Tony	SILVA	CGA	29:57
2	Rodwell	SIMS	BORA	32:08
3	Eric	COETZEE	WPA	32:17
MEN 60 (6 km)				
1	Andrew	DALY	KZNA	24:13
2	Lawrence	REUBENHEIMER	KZNA	24:20
3	Alan	SMITH	CGA	24:58
MEN 65 (6 km)				
1	Willie	MAISELA	CGA	25:57
2	Eric	QUIBELL	KZNA	26:07
3	Nico	STEENEKAMP	ANWN	27:40
MEN 70 (6 km)				
1	Jabulani	NGWENYA	CGA	29:28
2	Harry	VAN DER MERWE	AGN	30:27
3	Noel	SEVILLE	KZNA	32:55
MEN 75 (6 km)				
1	Mike	KLEINSMIT	AGN	21:53
2	Andries	VAN DER MERWE	AGN	22:17
3	Piet	VAN ASWEGEN	AGN	32:07
MEN 85 (4 km)				
1	Martin	COETZEE	AGN	40:49
2	Frans	GROBLER	AGN	51:50
MEN 23				
1	Kabelo	MELAMU	CGA	11:58
2	Anthony	TIMOTEUS	WPA	12:07
3	Ashley	SMITH	WPA	12:16
JR. MEN (8 km)				
1	Dais	MALEBANE	AGN	25:22
2	Katleho	MOLOI	AMPU	25:39
3	Thamsaqa	KHONCO	CGA	25:56
BOYS 17 (6 km)				
1	Lebohang	MATWEBU	AFS	19:19
2	Maxime	CHAYMETON	CGA	19:23
3	Caleb	BEUKES	CGA	19:32
SR. WOMEN (10 km)				
1	Glenrose	XABA	AGN	35:51
2	Kesa	MOLOTSANE	AFS	36:09
3	Maria	SHAI	CGA	37:58
4	Farida	ZWANE	CGA	40:38
5	Silindile	CHILI	KZNA	40:42
6	Nwabisa	MJOLI	KZNA	40:44
7	Carlyn	FISCHER	AGN	41:09
8	Lusanda	BOMVANA	ATRA	41:14
9	Thobile	MKHIZE	KZNA	41:30
10	Andronica	MOKGOTLA	CGA	42:29

11	Vuyiseka	NKUMENGE	WPA	43:38
12	Emmah	MATHIBELA	CGA	43:54
13	Hellen	PHANYANNE	LIMA	44:15
14	Maryna	SWANEPOEL	AFS	44:34
15	Khonseni	GWEGWE	ATRA	44:56
16	Dimakatso	MOSIA	AFS	45:04
17	Tholoana	PEU	AGN	45:31
18	Makoma	BATJIE	CGA	45:43
19	Veressa	BOTHMA	ACNW	45:50
20	Nokuthula	NTSHANGASE	KZNA	46:34
21	Nthabiseng	TSHEHLA	AGN	46:40
22	Bulelwa	SIMAE	WPA	47:22
23	Melita	MOLALATLADI	LIMA	47:38
24	Louzanne	COETZEE	AFS	47:47
25	Ziyanda	SEHOHLE	ACNW	49:43
26	Refiloe	KARREEBOS	AFS	50:29
27	Leandri	DE BEER	AGN	51:30
28	Mpho	MARIRI	AGN	56:07

## SR. WOMEN

1	Glenrose	XABA	AGN	13:58
2	Stella	MARAIS	AGN	14:38
3	Keneilwe	SESING	CGA	14:51
4	Cherise	SIMS	EPA	14:54
5	Leilani	SCHEFFER	ANWN	15:02
6	Katy	VAN METER	CGA	15:07
7	Anelda	VAN STADEN	CGA	15:14
8	Happiness	MKHIZE	KZNA	15:21
9	Mandie	BRANDT	WPA	15:24
10	Nicole	VENTER	AGN	15:41
11	Anel	TERBLANCHE	WPA	15:45
12	Anet	COETZEE	AGN	16:00
13	Amy	ABRAHAMS	WPA	16:02
14	Sunel	JACOBS	BOLA	16:06
15	Lee-Shay	WILLEMSE	WPA	16:12
16	Kefilwe	MOLEFE	CGA	16:40
17	Nokukhanya	MEMELA	KZNA	16:47
18	Megan	DEMPSTER	EPA	16:57
19	Noria	SIBANDA	AMPU	17:16
20	Rizani	VAN ASWEGEN	CGA	17:24
21	Lindokuhle	GABELA	KZNA	17:28
22	Tessa	VAN VUUREN	KZNA	17:36
23	Charine	KRUGER	CGA	17:39
24	Christelle	KOTZE	AGN	17:47
25	Tshegofatso	VOCHO	CGA	17:49
26	Lettie	SEABELA	SAPD	17:54
27	Palesa	MAFANYA	AFS	17:55
28	Arista	VAN ZYL	ACNW	17:56
29	Amanda	CLOETE	AGN	17:56
30	Xoli	MADIDA	KZNA	17:59
31	Bridgette	HATTINGH	AGN	18:01
32	Hlobisile	MADIDA	KZNA	18:28
33	Jaci	VISSER	ACNW	18:29
34	Joanine	BEKKER	AFS	18:39
35	Patience	MULEYA	AGN	18:40
36	Boitumelo	SEHLOHO	CGA	18:50
37	Karabo	SITHOLE	AGN	18:52

38	Shila	MUKATZI	LIMA	18:56
39	Victoria	MASHAPO	AGN	19:12
40	Kedibone	BOSHOMANE	LIMA	19:23
41	Zoe	BRENTANO-MURPHY	CGA	19:27
42	Gloria	TSOTETSI	AGN	19:31
43	Boitshoko	PHELOANE	ANWN	20:01
44	Adele	PRETORIUS	LIMA	20:04
45	Petra	ERASMUS	AFS	20:10
46	Barkhuizen	CHANTELL	ASWD	20:16
47	Valentia	MODIBA	AGN	20:18
48	Anneke	SNYMAN	LIMA	20:18
49	Ané	SCHOLTZ	ASWD	20:42
50	Lindi	LABUSCHAGNE	ACNW	22:10

## WOMEN 40

1	Corne	PRINSLOO	AGN	15:42
2	Maria	VILAKAZI	CGA	15:52
3	Bulelwa	SIMAE	WPA	15:57

## WOMEN 45

1	Alta	VERSTER	ACNW	16:11
2	Marili	MUNNIK	AGN	16:17
3	Lise	MUCHNA	KZNA	16:23

## WOMEN 50

1	Elmarie	PRETORIUS	ANWN	16:54
2	Ester	BRINK	WPA	17:09
3	Michelle	SIMS	KZNA	17:38

## WOMEN 55

1	Mariëtte	STRAUSS	WPA	17:23
2	Olga	HOWARD	WPA	17:55
3	Lynette	FISCHER	AGN	17:56

## WOMEN 60

1	Irene	SCHEFFER	ANWN	17:55
2	Frances	VAN BLERK	AGN	18:56
3	Blanche	MOILA	KZNA	19:30

## WOMEN 65

1	Pamela	RASMUSSEN	KZNA	21:01
2	Helen	DU PLESSIS	WPA	21:59
3	Stephanie	CLAASSEN	AGN	23:01

## WOMEN 70

1	Aileen (Pixie)	SPARG	WPA	23:21
2	Willemien	SMUTS	AFS	24:28
3	M.C.	VISSER	CGA	26:59

## WOMEN 75

1	Gill	TREGENNA	KZNA	24:21
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## WOMEN 90

1	Adelaide	VAN ASWEGEN	AGN	48:43
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## WOMEN 23

1	Rachel	LEISTRA	CGA	15:27
2	Danette	MARAIS	AGN	15:33
3	Madri	WIDD	AGN	15:39

## JR. WOMEN (6 km)

1	Thobile	VILAKAZI	CGA	22:11
2	Lara	ORROCK	AFS	22:26
3	Tyler	BELING	AFS	23:35

## GIRLS 17

1	Yandiswa	SHANGE	CGA	14:28
2	Shanley	KOEKEMOER	AGN	15:08

**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****New Balance Fifth Avenue Mile (37th)**

New York, USA, 10 September

(Distance: 1 mile; re-certified in 2016 point-to-point course, downhill with 8.23 m elevation loss)

## PROFESSIONAL MEN (extended gun times)

1. Nick Willis, 34, Ann Arbor, MI, NZL, adidas 3:51.3 \$5000
2. Chris O'Hare, 26, Boston, MA, GBR, adidas 3:52.0 3500
3. Ben Blankenship, 28, Eugene, OR, USA, Nike Oregon TC 3:52.3 2500
4. Adel Mechaal, 26, Madrid, ESP, New Balance 3:52.6 1500
5. Colby Alexander, 26, Clinton, NJ, USA, HOKA NJ-NY TC 3:52.6 1000
6. Eric Jenkins, 25, Portland, OR, USA, NIKE Oregon Project 3:52.6 750
7. Jake Wightman, 23, Cranleigh, GBR, New Balance 3:52.9 500
8. Johnny Gregorek, 25, Tarrytown, NY, USA, ASICS 3:52.9 250
9. Ryan Gregson, 27, Wollongong, NS, AUS, NIKE 3:53.3
10. Ryan Hill, 27, Portland, OR, USA, NIKE Bowerman TC 3:53.6
11. Patrick Tiernan, 22, Villanova, PA, AUS, NIKE 3:53.8
12. Robby Andrews, 26, Englishtown, NJ, USA, adidas 3:54.2
13. Craig Engels, 23, Portland, OR, USA, NIKE Oregon Project 3:54.5 1000p
14. Kyle Merber, 26, Huntington Sta., NY, USA, HOKA NJ-NY TC 3:54.8
15. Filip Ingebrigtsen, 24, Sandnes, NOR, NIKE 3:55.6
16. Edward Cheserek, 23, Eugene, OR, KEN, Skechers Performance 3:56.6

p) Earned prime for leading at halfway

## PROFESSIONAL WOMEN (extended gun times)

1. Jenny Simpson, 31, Boulder, CO, USA, New Balance 4:16.6 ER= \$5000
2. Laura Weightman, 26, Leeds, GBR, NIKE 4:17.6 3500
3. Jessica Judd, 22, Canvey Island, GBR, NIKE, 4:18.3 2500 + 1000p
4. Brenda Martinez, 30, Big Bear Lake, CA, USA, New Balance 4:18.4 1500
5. Eilish McColgan, 26, Manchester, GBR, NIKE 4:19.2 1000
6. Dominique Scott, 25, Fayetteville, AR, RSA, adidas 4:19.6 750
7. Heather Kampf, 30, Minneapolis, MN, USA, ASICS 4:20.6 500
8. Colleen Quigley, 24, Portland, OR, USA, NIKE Bowerman TC 4:20.6 250
9. Emma Coburn, 26, Boulder, CO, USA, New Balance 4:20.8
10. Linden Hall, 26, Melbourne, AUS, NIKE 4:21.7
11. Sara Vaughn, 31, Boulder, CO, USA, Unattached 4:21.7
12. Genevieve LaCaze, 28, Melbourne, AUS, NIKE 4:23.8
13. Shelby Houlihan, 24, Portland, OR, USA, NIKE Bowerman TC 4:26.3
14. Sara Sutherland, 25, Boulder, CO, USA, Saucony 4:26.9
15. Sarah McDonald, 24, Birmingham, GBR, New Balance 4:28.1
16. Margherita Magnani, 30, Ostia, ITA, New Balance 4:28.8
17. Emily Infeld, 27, Portland, OR, USA, NIKE Bowerman TC 4:30.3
- ... 20. Courtney Frerichs, 24, Portland, OR, USA, NIKE Bowerman TC 4:31.3

p) Earned prime for leading at halfway

**Simplyhealth Great North Run (37th)**

Newcastle to South Shields, GBR, 10 September

(Distance: 21.1 km; certified, point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25 minute headstart)

## MEN (gun times)

1. Mo Farah, GBR	1:00:06
2. Jake Robertson, NZL	1:00:12
3. Feyisa Lilesa, ETH	1:01:32
4. Zane Robertson, NZL	1:01:42
5. Hiroyuki Yamamoto, JPN	1:02:03
6. Dathan Ritzenhein, USA	1:02:49
7. Dewi Griffiths, GBR	1:02:53
8. Bernard Lagat (40+), USA	1:03:02

## ALL-WOMEN'S ELITE RACE (gun times)

1. Mary Keitany, KEN	1:05:59
2. Vivian Cheruiyot, KEN	1:07:44
3. Caroline Chepkoech Kipkirui, KEN	1:09:52
4. Magdalyne Masai, KEN	1:10:39
5. Betsy Saina, KEN	1:11:25

**Birell Grand Prix (22nd)**

(IAAF Gold Label Road Race)

Prague, CZE, 9 September

(Distance: 10 km; certified loop course)

## MEN (gun times)

1. Benard KIMELI, KEN	27:10 CR/PB/WL	€ 3000 + 2000* + 5000i
2. Mathew Kipkorir KIMELI, KEN	27:11 PB	1500 + 2500i
3. Rhonex KIPRUTO, KEN	27:13 PB	1000 + 2000i
4. Justus KANGOGO, KEN	27:51 PB	600 + 2000i
5. Amos Kibiwott KURGAT, KEN	27:53 PB	400 + 2000i
6. Jemal Yimer MEKONNEN, ETH	27:54 PB	300 + 2000i
7. Sondre Nordstad MOEN, NOR	27:55 NR	200 + 2000i
8. Isaac Kipkoech LANGAT, KEN	27:55 PB	100 + 2000i
9. Robert Kipchirchir MWEI, KEN	28:05 PB	
10. Abel KIPCHUMBA, KEN	28:06 PB	

\*) Course record bonus

i) Earned time bonus

## WOMEN

1. Joyciline JEPKOSGEI, KEN	29:43 CR WR	€ 3000 + 2000* + 20,000**
2. Fancy CHEMUTAI, KEN	30:06 PB	1500 + 2500i
3. Violah JEPCHUMBA, BRN	30:25	1000 + 2000i
4. Sheila Chepkirui KIPROTICH, KEN	30:28 PB	600 + 2000i
5. Stacy Chepkemboi NDIWA, KEN	31:37 PB	400
6. Belaynesh TSEGAYE, ETH	32:52 PB	300
7. Eva VRABCOVÁ, CZE	33:08	200
8. Iulia SHMATENKO, UKR	33:18	100
9. Olga SKRYPAK, UKR	34:01	
10. Kayoko FUKUSHI, JPN	34:44	

\*) Course record bonus

\*\*) World record (pending validation) bonus; previous 30:04, Joyciline Jepkosgei (KEN), Prague, 01 Apr 2017

### **Great North CityGames**

Gateshead, GBR, 9 September

Note: At this street meeting, races began on the road then finished on a 180m straight, Mondo track. --Ed.

MEN

500 m:

1. Nijel Amos, BOT, 59.26
2. Guy Learmonth, GBR, 1:00.73
3. Dwayne Cowan, GBR, 1:01.01

WOMEN

500 m:

1. Perri Shakes-Drayton, 1:06.69
2. Anyika Onuora, GBR, 1:06.70
3. Lianne De Witte, NED, 1:07.19
4. Lynsey Sharp, GBR, 1:07.48

### **Faxon Law New Haven Road Race** (40th)

(USA Men's and Women's 20 km Championships)

New Haven, USA, 4 September

(Distance: 20 km; certified loop course with negligible start/finish separation and no elevation change)

MEN (gun times)

1. Galen Rupp, Portland, OR                      59:04 PB \$8000  
[30:40 / 28:24]
2. Leonard Korir, Colorado Springs, CO    59:05      4000  
[30:41 / 28:24]
3. Sam Chelanga, Colorado Springs, CO    59:16 PB= 2000

WOMEN (gun times)

1. Jordan Hasay, Beaverton, OR              1:06:35    \$8000  
[33:15 / 33:30]
2. Aliphine Tuliamuk, Santa Fe, NM        1:07:49    4000  
[33:15 / 34:34]
3. Sara Hall, Redding, CA                    1:07:53    2000

### **Deutsche Straßenlaufmeisterschaften 10 km**

(German 10 km Championships)

Bad Liebenzell, GER, 3 September

Note: Sabrina Mockenhaupt, who had a serious surgery this summer to repair an abscess in her digestive tract, won her 45th national title here. In 2014 Mockenhaupt won Cape Town's Runners' Memorial Race outright, beating all the men. -- Ed.

MEN (gun times)

1. Amanal Petros, SV Brackwede                                      29:02
2. Simon Boch, LG TELIS FINANZ Regensburg                      29:03



3. Philipp Pflieger, LG TELIS FINANZ Regensburg 29:10

WOMEN (gun times)

1. Sabrina Mockenhaupt, Lauf Team Haspa Marathon Hamburg 33:38  
 2. Anna Hahner, RUN2SKY.com 33:45  
 3. Corinna Harrer, LG TELIS FINANZ Regensburg 33:48

**CZ Ten Miles of Tilburg (30th) & Tilburg Ladies Run 10 km (25th)**

Tilburg, NED, 3 September

(Distances: 10 miles [men & women]; flat one-loop course with negligible start/finish separation; and 10 km [women/all-women's race]; flat one-loop course with negligible start/finish separation)

**10 miles** (gun times)

MEN

1. Rodgers Kwemoi, KEN 45:03 PB/WL  
 [14:17 / 28:02 / 42:02]  
 2. Evans Chebet, KEN 45:06 PB  
 3. Abdallah Mande, UGA 45:39 NR  
 4. Abdi Nageeye, NED 46:26 NR  
 5. John Langat, KEN 46:39

**10 km**

WOMEN (gun times)

1. Senbere Teferi, ETH 30:38 PB  
 2. Agnes Tirop, KEN 31:00 PB  
 3. Beatrice Mutai, KEN 31:28 PB  
 4. Stella Chesang, UGA 32:13  
 5. Etenesh Diro, ETH 32:27 PB

**Semi-Marathon International de Lille Métropole (31st)**

Lille, FRA, 2 September

(Distance: 21.1 km)

MEN (gun times)

1. Vincent RONO, KEN 59:27 PB  
 2. Alex KIBET, KEN 59:32 PB  
 3. Meshack KOECH, KEN 1:00:07 PB  
 4. Japheth KORIR, KEN 1:00:08 PB  
 5. Getaneh MOLLA, ETH 1:00:34 PB  
 6. Dominic KIPTARUS, KEN 1:00:53 PB  
 7. Tadu ABATE, ETH 1:00:58  
 8. Cosmas BIRECH, KEN 1:01:40  
 9. Bashir ABDI, BEL 1:01:50 PB  
 10. Asbel KIPSANG, KEN 1:01:52 PB

WOMEN (gun times)

1. Gladys CHESHIR, KEN 1:07:49  
 2. Visiline JEPKESHO, KEN 1:08:12 PB  
 3. Tejitu DABA, BRN 1:08:21 PB  
 4. Susan JEPTOO, KEN 1:09:02 PB  
 5. Zerfie TESENA, ETH 1:11:24 PB  
 6. Zinash DEBEBE, ETH 1:11:26 PB  
 7. Maryanne WANJIRU, KEN 1:11:35  
 8. Samira MEZEGHRANE, FRA 1:12:24 PB

9. Woldemeskel WOLDE, ETH 1:14:09  
 10. Jacqueline GANDAR, FRA 1:14:18

## TRACK

### AG Insurance Memorial van Damme (41st)

(Second Final of 2017 IAAF Diamond League)

Bruxelles, BEL, 1 September

#### MEN

##### 800 (DL):

- |  |         |            |
|--|---------|------------|
| 1. Nijel AMOS, BOT, 15 MAR 1994                | 1:44.53 | USD 50,000 |
| 2. Marcin LEWANDOWSKI, POL, 13 JUN 1987        | 1:44.77 | SB 20,000  |
| 3. Adam KSZCZOT, POL, 2 SEP 1989               | 1:44.84 | SB 10,000  |
| 4. Kipyegon BETT, KEN, 1 FEB 1998              | 1:45.21 | 6,000      |
| 5. Ferguson Cheruiyot ROTICH, KEN, 30 NOV 1989 | 1:45.25 | 5,000      |
| 6. Alfred KIPKETER, KEN, 26 DEC 1996           | 1:46.27 | 4,000      |
| 7. Elliot GILES, GBR, 26 MAY 1994              | 1:47.03 | 3,000      |
| 8. Asbel KIPROP, KEN, 30 JUN 1989              | 1:49.85 | 2,000      |

##### 1500:

- |  |         |
|--|---------|
| 1. Elijah MANANGOI, KEN, 5 JAN 1993              | 3:38.97 |
| 2. Mahiedine MEKHISSI-BENABBAD, FRA, 15 MAR 1985 | 3:39.42 |
| 3. Jordy WILLIAMSZ, AUS, 21 AUG 1992             | 3:40.03 |
| 4. Adel MECHAAL, ESP, 5 DEC 1990                 | 3:40.43 |
| 5. Jamal HAIRANE, QAT, 26 MAY 1993               | 3:40.58 |
| 6. Vincent LETTING, KEN, 16 JUN 1993             | 3:41.15 |
| 7. Isaac KIMELI, BEL, 9 MAR 1994                 | 3:41.45 |
| 8. Adam CLARKE, GBR, 3 APR 1991                  | 3:41.72 |
| 9. Ali HAMDI, BEL, 2 NOV 1989                    | 3:41.88 |
| 10. Tarik MOUKRIME, BEL, 3 MAR 1992              | 3:44.11 |

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

- |   |         |            |
|---|---------|------------|
| 1. Conseslus KIPRUTO, KEN, 8 DEC 1994     | 8:04.73 | USD 50,000 |
| 2. Soufiane EL BAKKALI, MAR, 7 JAN 1996   | 8:04.83 | PB 20,000  |
| 3. Evan JAGER, USA, 8 MAR 1989            | 8:11.71 | 10,000     |
| 4. Stanley KEBENEI, USA, 6 NOV 1989       | 8:11.93 | 6,000      |
| 5. Nicholas BETT, KEN, 20 DEC 1996        | 8:12.20 | SB 5,000   |
| 6. Benjamin KIGEN, KEN, 5 JUL 1993        | 8:13.06 | 4,000      |
| 7. Amos KIRUI, KEN, 9 FEB 1998            | 8:18.32 | 3,000      |
| 8. Yemane HAILESELASSIE, ERI, 21 FEB 1998 | 8:19.19 | 2,000      |
| 9. Jairus BIRECH, KEN, 14 DEC 1992        | 8:25.58 | 1,000      |
| 10. Andy BAYER, USA, 3 FEB 1990           | 8:26.15 | 1,000      |

#### WOMEN

##### 1500 (DL):

- |  |         |               |
|--|---------|---------------|
| 1. Faith KIPYEGON, KEN, 10 JAN 1994    | 3:57.04 | SB USD 50,000 |
| 2. Sifan HASSAN, NED, 1 JAN 1993       | 3:57.22 | 20,000        |
| 3. Winny CHEBET, KEN, 20 DEC 1990      | 4:00.18 | 10,000        |
| 4. Gudaf TSEGAY, ETH, 23 JAN 1997      | 4:00.36 | 6,000         |
| 5. Meraf BAHTA, SWE, 24 JUN 1989       | 4:00.49 | PB 5,000      |
| 6. Jenny SIMPSON, USA, 23 AUG 1986     | 4:00.70 | SB 4,000      |
| 7. Laura WEIGHTMAN, GBR, 1 JUL 1991    | 4:00.71 | SB 3,000      |
| 8. Angelika CICHOCKA, POL, 15 MAR 1988 | 4:02.77 | 2,000         |
| 9. Besu SADO, ETH, 12 JAN 1996         | 4:03.83 | 1,000         |
| 10. Rababe ARAFI, MAR, 12 JAN 1991     | 4:07.22 | 1,000         |

11. Malika AKKAOUI, MAR, 25 DEC 1987	4:10.76	1,000
12. Dawit SEYAUM, ETH, 27 JUL 1996	4:12.92	1,000

## 5000 (DL):

1. Hellen OBIRI, KEN, 13 DEC 1989	14:25.88	USD 50,000
2. Caroline Chepkoech KIPKIRUI, KEN, 26 MAY 1994	14:27.55	PB 20,000
3. Senbere TEFERI, ETH, 3 MAY 1995	14:32.03	10,000
4. Margaret Chelimo KIPKEMBOI, KEN, 9 FEB 1993	14:32.82	PB 6,000
5. Beatrice CHEPKOECH, KEN, 6 JUL 1991	14:39.33	5,000
6. Lilian Kasait RENGERUK, KEN, 3 MAY 1997	14:41.61	4,000
7. Letesenbet GIDEY, ETH, 20 MAR 1998,	14:42.74	3,000
8. Eilish McCOLGAN, GBR, 25 NOV 1990	14:48.49	PB 2,000
9. Susan KRUMINS, NED, 8 JUL 1986	14:51.25	PB 1,000
10. Agnes Jebet TIROP, KEN, 23 OCT 1995	14:52.39	1,000

**Hanzekovic Memorial** (67th)

(IAAF World Challenge)

Zagreb, CRO, 29 August

## MEN

## 3000:

1. Selemon Barega, ETH	7:38.90	WYL/PB
2. Davis Kiplangat, KEN	7:39.97	
3. Mohammed Ahmed, CAN	7:40.49	NR/PB

## WOMEN

## 800:

1. Ajee' Wilson, USA	1:57.72	
2. Winny Chebet, KEN	1:58.13	PB
3. Lynsey Sharp, GBR	1:58.35	
4. Hedda Hynne, NOR	2:00.19	
5. Sanne Verstegen, NED	2:00.85	
6. Hannah England, GBR	2:01.23	
7. Sarah McDonald, GBR	2:01.25	
8. Jenny Simpson, USA	2:01.64	

**STATS TIME**

This week we include a list of the top ten SA women in the half marathon for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed; each has two times on the list.

**2017 HALF MARATHON: TOP 10 WOMEN**

1:12:31	Cornelia Joubert	1	Port Elizabeth	24 Jun
1:12:36	Irvette van Zyl	9	Barcelona	12 Feb
1:12:43	Mapaseka Makhanya	2	Port Elizabeth	24 Jun
1:13:51	Van Zyl-2	1	Cape Town	15 Apr
1:14:25	Lebogang Phalula	3	Port Elizabeth	24 Jun
1:14:25	Nolene Conrad	2	Cape Town	15 Apr
1:15:06	Jenet Dlamini	4	Port Elizabeth	24 Jun
1:15:21	Joubert-2	4	Cape Town	15 Apr
1:15:32	Zintle Xiniwe	5	Port Elizabeth	24 Jun
1:17:15	Mapakanya-2	7	Cape Town	15 Apr

1:17:31	Ntombesintu Mfunzi	7	Port Elizabeth	24 Jun
1:17:47A	Gerda Steyn		South Shields	10 Sep
1:18:02	Dominique Scott	1	Springdale	08 Apr

### THIS MONTH IN HISTORY

#### 45 years ago yesterday: 10 September 1972

Last week we looked back at the women's 800-metre final at the Munich Olympics. A week later the marathon was held, with 74 athletes starting at 15:00. They completed three laps around the track before exiting the stadium. The reigning champion, Mamo Wolde (ETH), was back to defend his title, and American Frank Shorter deviated from his usual strategy of waiting until late in the race to make a move. Shorter, who was born in Munich in 1947 and was running his fifth marathon, took command after only 9 km and surged ahead. The others let him go and he steadily widened the gap -- to 5 seconds at 15 km, 31 sec at 20 km and 53 sec at 25 km. The American, who had been fifth in the 10000 m a week earlier, won by a whopping 2 min 12 sec in 2:12:20, a personal best, from Karel Lismont (BEL, 2:14:32) and Wolde (2:15:09) to become the first US winner since 1908. Four years later in Montreal Shorter would run almost two minutes faster but finish second.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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

#### MEN

##### Open

10 km	28:18	Elroy Gelant	Bellville	03 Jun
	27:18	Bernard Kimeli (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:47	Gladwin Mzazi	Pretoria	19 Aug
	42:00	Matthew Kimeli Kipkorir (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:21	Stephen Mokoka	Port Elizabeth	24 Jun
	59:10	Bedan Karoki Muchiri (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	74:27	Dathan Ritzenhain (USA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:16:14	Desmond Mokgobu	London	06 Aug
	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km	7:42:28	Simphiwe Velleem	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 28:51	Mzwanele Maphekula Paulo Catarino (POR) 2003	Port Elizabeth	22 Apr
15 km	48:58 44:14	Johannes Kekana Pierre Levisse (FRA) 1992	Leondale	19 Mar
21.1 km	67:16 62:28	Simon Mpholo John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Port Elizabeth	24 Jun
25 km	85:54 76:49	Shadrack Hoff Martin Mondragon (MEX) 1994	Pretoria	06 May
30 km	1:38:16 1:35:28	Mzwanele Maphekula Geraldo Antonio da Silva (BRA) 2002	Uitenhage	04 Mar
Marathon	2:23:41 2:08:46	William Mokwalakwala Andres Espinosa (MEX) 2003	Centurion	01 May
100 km	11:04:47 6:18:24	Johannes Joseph Mario Ardemagni (ITA) 2004	Cape Town	22 Jul

Masters (50+)

10 km	33:20 30:35	Makaya Masumpa Tecwyn Davies (GBR) 1988	Port Elizabeth	22 Apr
15 km	52:48 47:52	Reginald Ngobese Titus Mamabolo (RSA) 1991	Vanderbijlpark	08 Feb
21.1 km	73:02 66:42	Makaya Masumpa Martin Rees (GBR) 2003	Port Elizabeth	24 Jun
25 km	97:58A 98:49	Basie Bonaparte Joseph Ndlovu	Somerset East Pretoria	18 Mar 06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km	11:08:36	Hilton Murray	Cape Town	22 Jul

Grandmasters (60+)

10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	87:51 71:31	Thomas Moses Martin Rees (GBR) 2013	Port Elizabeth	24 Jun
25 km	1:54:07A 1:58:06 94:01	Devilliers Oberholzer Theo Bohnen Doug Winn (USA) 2010	Pinetown Pretoria	29 Jan 06 May
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km	12:52:48	Ratlali Finger	Cape Town	22 Jul

Great grandmasters (70+)

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
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:22 30:04 30:21 Mx 30:04p Mx 30:29 Wo	Dominique Scott-Efurd Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Boston	25 June
15 km	53:59A 55:48 45:37 46:14** Mx 45:37p Mx 46:59** Wo	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Camps Bay Eersterivier	08 Jan 08 Jul
21.1 km	72:31 64:52 65:09 Mx 65:06p Mx 64:52p Mx 66:25 Wo	Cornelia Joubert Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Peres Jepchirchir (KEN) 2017 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Port Elizabeth	24 Jun
25 km	90:21A 1:40:31 84:36 79:53 Mx 82:47 Wo	Jenna Challenor Jenna Challenor Alphine Tuliamuk (USA) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pinetown Durban	29 Jan 19 Mar
30 km	1:54:43 1:46:24 1:38:49 Mx 1:38:42p Mx 1:39:11 Wo	Ntombesintu Mfunzi Ami Utsunomiya (JPN) Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016 Mary Keitany (KEN) 2011	Uitenhage	04 Mar
Marathon	2:40:15 2:17:01 2:15:25 Mx 2:17:42 Wo	Mapaseka Makhanya Mary Keitany (KEN) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	London	06 Aug
100 km	9:42:24 6:33:11	Rowen Gloyne (vet) Tomoe Abe (JPN) 2000	Cape Town	22 Jul
<u>Veterans (40+)</u>				
10 km	36:40 32:14	Bulelwa Simae Priscilla Welch (GBR) 1985	Bellville	03 Jun
15 km	56:36 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Pretoria	19 Aug
21.1 km	80:02 69:56	Bulelwa Simae Irina Permitina (RUS) 2009	Port Elizabeth	24 Jun
25 km	1:48:53A 1:49:32	Shani Silver Maria Vilakazi	Pinetown Pretoria	29 Jan 06 May

30 km	82:13 2:02:35	Mizuki Noguchi (JPN) 2005 Ulrica Stander	Camps Bay	08 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	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
15 km	34:44	Tatyana Pozdniakova (UKR) 2005		
	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	42:08	Margie Saunders	Port Elizabeth	19 Aug
	38:56	Lidia Zentner (GER) 2015		
15 km	66:11	Margie Saunders	Port Elizabeth	25 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	93:02	Nancy Will	Port Elizabeth	24 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:16:25	Val Watson	Pretoria	06 May
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:26:99	Nancy Will	Durban	09 Apr
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:37	Annetjie Greyvenstein	Pretoria	19 Aug
	72:52	Jo Klein (NED) 2004		
21.1 km	1:55:21	Veronica van Niekerk	Wellington	01 May
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
30 km	2:18:20	Gerry Davidson (USA) 1991		
	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
Marathon	2:47:08	Myra Rhodes (USA) 2002		
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:23	Nicole Louw	Pietermaritzburg	20 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	63:04	Razaan Kamaldien	Eersterivier	08 Jul

21.1 km	49:40 98:46 1:09:05	Ines Chenonge (KEN) 2001 Georgina Janisch Delilah Asiago (KEN) 1991	Pretoria	08 Apr
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Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Derrick Chamberlain, André Pienaar, André Gobey, Dot Bailey, Nick Bester

Published by Riël Hauman  
42 Fifteenth Avenue, Boston, Bellville 7530, RSA  
Telephone: 021 948-0293  
Fax: 0866 89-44-74  
Cellphone: 082 922-8538  
E-mail: [rielh@mweb.co.za](mailto:rielh@mweb.co.za)



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