

Distance Running Results

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EDITORIAL

Asefa Mengistu Negewo (ETH) retained his title in the Sanlam Cape Town Marathon yesterday, but although he ran more than a minute slower than last year, his victory was much more comfortable than in 2016. Last year, when he clocked 2:08:41 for the fastest time yet on a standard course in South Africa, he won by only six seconds; this year his 2:10:01 took him 66 seconds clear of his compatriot Ketema Bekele Negasa.

In the women's race Namibian record holder Helalia Johannes, one of the pacemakers, went out hard and passed 10 km in 35:12 and halfway in 1:15:58, with the main contenders in a bunch about 38 seconds behind her. The group included the two favourites, Betelhem Moges Cherenet (ETH) and Agnes Jepkemboi Kiprop (KEN). By 35 km it was clear that Johannes was going for the win and she determinedly stayed in the lead until, with less than a kilometre to go, Cherenet caught her and went past.

The Ethiopian had the course record of 2:30:20, set by Isabella Ochichi in 2015, in her sights, but she had waited too long and although she won by six seconds, her 2:30:23 fell an agonising four seconds short of breaking the record. Kiprop finished third in 2:31:01, and she was followed by five more Kenyans and Ethiopians before Irvette van Zyl finished ninth in 2:36:47 as the first South African. Nine women were faster than 2:37:00 compared to only two last year.

Commenting on Johannes, who won the 10 km last year, staying in the race, Cherenet said: "I was expecting her to pull out and was not aware that she was so far ahead, so I



Betelhem Moges Cherenet crosses the finish line in the Sanlam Cape Town Marathon in 2:30:23, just three seconds from the race record. [Roger Sedres/ImageSA]

was surprised when I saw her in front of me. But I saw she was struggling and so I surged and caught her."

Lebogang Phalula, who was the first SA runner in 2016, when she finished third in her debut marathon, was eleventh. Defending champion Tish Jones (GBR), who is running the Toronto Waterfront Marathon in October, pulled out in the days before the race, citing injury.

The men's race was somewhat disappointing in comparison, with Negewo, whose time last year was a personal best, the only one faster than 2:11:00. Negasa finished in 2:11:07, with Kenya's Duncan Kipkurui Maiyo third in 2:11:27.

In fifth South Africa's track Olympian and holder of the national 5000m record, Elroy Gelant (a pacemaker last year), made an auspicious debut in 2:12:50 after a conservative start and pronounced himself "very happy". Another South African in his debut, Melikhaya Frans, was tenth in 2:15:41.

Negewo, with Negasa, Laban Kipkemboi Mutai (KEN), Maiyo and Xolisa Tyali followed the pacemaker, Henry Kiplagat (KEN), in the early stages and went through 10 km in 30:18, about 13 seconds behind Kiplagat. At halfway Kiplagat had stretched his lead to 34 seconds, with Negewo and his companions reaching the mark in 1:05:03.

Negewo accelerated with 7 km to go and easily drew away from his rivals, passed Kiplagat and ran on untroubled to the finish. "I am really happy to be able to defend my title as this race put me on the map," the winner said. "I was hoping for a faster time -- I wanted to break my course record -- but there was a bit of wind between 11 and 18 km which slowed us down and the guys didn't want to work together. So if things go well, I would like to come back next year and try and win for the third time and break my record."

Despite the fact that it is untrue (DRR also pointed it out last year), the race publicity material continued to call Negewo's 2:08:41 of 2016 the fastest time ever run in South Africa. It is the fastest time *on a standard course* -- there have been quicker times on an aided course.

The race was also the Western Province Championships, with the titles going to current Two Oceans Marathon champion Lungile Gongqa (2:24:32) and Ulrica Stander in only her second marathon (2:54:09 PB). Gongqa won the Sanlam Cape Town Marathon two years ago. Stander's time is a list leader (as is Van Zyl's).

The 10 km was won by Lesiba Mashele in 28:33 and Glenrose Xaba in 33:25, but sadly for a race of this stature a marshalling mishap near the finish caused the athletes to run around 300m short. So the results are merely of interest insofar as the finish order of the athletes is concerned.

□ The 33:39 that Desmond Zibi ran in last weekend's Eastern Province 10 km Championships (results in DRR) broke his own provincial record.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sanlam Cape Town Marathon & 10 km, Cape Town
- * Mineshaft 15 km, Queensburgh
- * Brooklyn Half Marathon & 10 km, Pretoria
- * Gelvandale 15 km, Port Elizabeth
- * Swift Half Marathon & 10 km, Pietermaritzburg

International highlights:

- * Copenhagen Half Marathon, Copenhagen, DEN
- * Meia Maratona SportZone, Porto & Gaia, POR
- * Mattoni Ústí Half Marathon, Usti nad Labem, CZE
- * Volksbank Münster Marathon, Münster, GER
- * PKO Wroclaw Marathon, Wroclaw, POL
- * Jeff Winter City of Lakes Half Marathon, Minneapolis, USA
- * Semi-Marathon d'Auray Vannes, Auray to Vannes, FRA
- * Minsk Half Marathon, Minsk, BLR
- * Alsterlauf Hamburg, Hamburg, GER
- * Park to Park Half Marathon, Waterloo, USA
- * Hoka One One Long Island Mile, Huntington Station, USA
- * Jungfrau Marathon & Mile, Interlaken, SUI
- * Ultraloop Winschoten, Winschoten, NED

ROAD RUNNING**Sanlam Cape Town Marathon & 10 km**

(IAAF Gold Label Road Race)

Cape Town, 17 September

(Distances: 42.195 km & 10 km. Marathon – NEW certified loop course, mainly flat with a few moderate uphill sections and a start/finish separation of approx. 560 m [1.3% of the race distance]. 10 km – certified, flat loop course (but run short -- see report above).

Finishers: marathon -- 5176 men + 2796 women = 7972 total [up from 6115 last year]; 10 km -- 2523 men + 4148 women = 6671 total [down from 6839]. Weather: Cool early on, much warmer later; slight wind in places.)

Marathon**MEN**

1	Asefa Mengistu	NEGEWO	ETH	29	2:10:01	R265 000
2	Ketema Bekele	NEGASA	ETH	30	2:11:07	R130 000
3	Duncan Kipkurui	MAIYO	KEN	27	2:11:27	R70 000
4	Thomas	AYEKO	UGA	25	2:12:04	R35 000
5	Elroy	GELANT	Boxer KZN	31	2:12:50*	R25 000 + R100 000i + R10 000#
6	Motlokoa	NKHABUTLANE	LES	32	2:12:58	R15 000
7	Ezekiel	TARUS	KEN	27	2:13:19	R14 000
8	Xolisa	TYALI	Nedbank CGA	28	2:13:20	R13 000 + R50 000i + R10 000#
9	Laban Kipkemboi	MUTAI	KEN	29	2:15:01	R12 000
10	Melikhaya	FRANS	Ikhamba AC	27	2:15:41*	R10 000 + R25 000i + R10 000#
11	Gladwin	MZAZI	Boxer CGA	29	2:18:05	R15 000i
12	Uveni-Nawa	KUUGONGELWA	NAM	34	2:19:30	
13	Shipingana	SIMON	NAM	39	2:20:34	
14	Michael	MAZIBUKO	Nedbank CGA	31	2:21:02	R10 000i
15	Khoarahlane Joseph	SEUTLOALI	LES	25	2:22:12	
16	Jeffrey	GWEBU	KPMG CGA	36	2:23:15	
17	Lungile	GONGQA	Nedbank WP	38	2:24:32	R10 000ii
18	Abraham	HABTE	ERI	21	2:26:02	
19	Mothimikholo	HATASI	LES	23	2:26:20	
20	Pinehas	EMBASHU	NAM	41	2:27:36	
21	Hendrick	RAMAALA	Nedbank CGA	45	2:28:14	

22	Martin	NTINDA	NAM	34	2:29:01	
23	Siviwe	NKOMBI	Nedbank WP	28	2:30:07	R5000ii
24	John	APRIL	Nedbank SWD	28	2:30:16	
25	Ruben	SETUMU	Nedbank	49	2:30:22	
26	Jerry	RAKAU	Fitness Africa AC	32	2:30:38	
27	Mahlomola	SEKHONYANA	Hillcrest Villagers	30	2:31:18	
28	Anda	LUBELWANA	Houtbay Harriers	30	2:31:33	R2500ii
29	Retsepile	KHOTLE	LES/Itheko AC	32	2:31:56	R1250ii
30	Jimmy	BONJESI	MAW/Whalers AC	39	2:32:42	
31	Admire	MUZOPAMBWA	Asics AC WP	33	2:33:25	R750ii
32	Oscar	KOMEYA	NAM	42	2:34:47	
33	Pule	TJAOANE	Ulinda AC	35	2:34:55	
34	Oscar	COETZEE	Itheko AC	33	2:35:17	
35	Vakalisa	KOPOLO	Nedbank WP	40	2:35:29	
36	Thelumusa	SIBIYA	NRB Harriers AC	28	2:35:33	
37	Sipho	MQATI	Tuks	35	2:35:44	
38	Deon	TITUS	Elgin Grabouw AC	30	2:36:18	
39	Raphael	SEGODI	RRR	31	2:36:25	
40	Gert	THYS	Postmasburg	45	2:36:47	
41	Richard	MAVUSO		39	2:37:11	
42	Clinton	FERREIRA	Nedbank CGA	41	2:37:12	
43	Mosongo	MOKOATSI	KPMG CGA	41	2:38:19	
44	Peter	MEDUPE	Nedbank AGN	42	2:38:39	
45	Siya	NYAWO		35	2:38:55	
46	Siyabonga	MADALA	Gugs	31	2:39:18	
47	Siegfriedt	HEYDENRYCH	Born2run CGA	39	2:39:38	
48	Michael	CANNON	Faku Chiefs AC	32	2:39:38	
49	Nhlanhla	DLADLA	SANDB AMPU	44	2:40:00	
50	Dzunisani	NYONI	UCT	22	2:40:23	

i = Incentive for first five South Africans

ii = Incentive for first five Western Province athletes

= Time bonus for South African athletes under 2:16:00

* = Debut marathon

Veterans:

1	Pinehas Embashu	NAM		2:27:36	R10 000
2	Ruben Setumu	Nedbank		2:30:22	R5000
3	Oscar Komeya	NAM		2:34:47	R4000

Note: Hendrick Ramaala, who finished as the second veteran, did not wear age tags.

Masters:

1	Duncan Jobetha	Bokone Bophirima AC		2:47:36	R5000
2	Timony Hess	Eersterivier AC		2:53:12	R4000
3	Johannes Molepo			2:55:25	R3000

G'masters:

1	Gideon Radebe	Anglo American Thermal Coal		3:04:53	R4200
2	Thomas Moses	Worcester AC		3:09:09	R2600
3	Errol Shear	Jepe Quondam AC		3:09:34	R1600

G/g'masters:

1	Brian Key	Foresters		3:44:52	R2500
2	Servaas Vester			4:12:05	R1500
3	Pele Tshikundamalema	Nedbank CGA		4:14:05	R500

WOMEN (Same prize money as men)

1	Betelhem Moges	CHERENET	ETH	26	2:30:23
2	Helalia	JOHANNES	NAM	37	2:30:29
3	Agnes Jepkemboi	KIPROP	KEN	38	2:31:01

4	Meseret	ASEFA	ETH	27	2:31:25	
5	Fantu Eticha	JIMMA	ETH	30	2:31:26	
6	Naomi Jepkoge	MAIYO	KEN	28	2:31:31	
7	Doris Chepkwemoi	CHANGEYWO	KEN	32	2:36:43	
8	Genet Abdurkadir	HABELA	ETH	19	2:36:45	
9	Irvette	VAN ZYL	Nedbank CGA	30	2:36:47	R100 000i + R10 000#
10	Neheng Melida	KHATALA	LES	25	2:41:44	
11	Lebogang	PHALULA	Boxer CGA	33	2:43:50	R50 000i
12	Elisabet Kebede	ARSEDO	ETH	24	2:48:16	
13	Ntombesintu	MFUNZI	Nedbank EC	35	2:51:36	R25 000i
14	Ulrica	STANDER	KPMG WP	42	2:54:09	R15 000i + R10 000ii
15	Charné	BOSMAN	Nedbank AGN	41	2:55:23	R10 000i
16	Zintle	XINIWE	KPMG WP	30	2:57:40	R5000ii
17	Leilani	SCHEFFER	KPMG AGN	34	2:58:46	
18	Mia	VAN HEERDEN	Rand AC	28	3:03:37	
19	Lesia	CHINYOWA	Adventist AC	25	3:05:55	
20	Candyce	HALL	Carbineers WP	33	3:06:18	R2500ii
21	Maria	SHAI	Boxer CGA	30	3:06:55	
22	Anel	VAN WYK	Nedbank SWD	37	3:08:02	
23	Kristen	WILLIAMS	Save Orion Club	28	3:09:56	
24	Lee-Shay	WILLEMSE	Velocity AC	24	3:11:01	R1250ii
25	Michelle	DREYER	KPMG WP	38	3:11:07	R750ii
26	Clare	REILLY	Rand AC	28	3:12:38	
27	Dana-Bianca	VAN ZYL	Florida	41	3:13:20	
28	Emily	CUPITO	USA/Atlantic AC	33	3:13:31	
29	Tracy	FORBES	VOB	44	3:14:55	
30	Anne	STEWART	Harfield Harriers	47	3:15:29	
31	Laura	PEDDLE	Strand AC	34	3:16:16	
32	Debbie	PERRY	Boxer KZN	42	3:16:42	
33	Annerie	KRUGER	Magnolia AC	34	3:16:51	
34	Fendrik	ZSOKA	HUN	28	3:17:56	
35	Jana	TROJAN	CZE/VOB	49	3:18:18	
36	Monja	VORWALLNER		44	3:18:33	
37	Lauren	CANNON	Faku Chiefs AC	32	3:18:48	
38	Risa	DREYER	NAM	28	3:18:53	
39	Angelique	RABIE	Carbineers WP	51	3:19:03	
40	Cecilia	NEL	Nedbank SWD	35	3:19:52	
41	Lisl	GROBLER	Knysna	41	3:19:57	
42	Katherine	ANTEL	Carbineers WP	34	3:20:14	
43	Robyn	HOPKINSON	Wild Runner AC	42	3:20:15	
44	Silvia	BLEIKER	SUI	37	3:20:55	
45	Rashida	OBARAY	Randburg Harriers	36	3:22:58	
46	Linda	KINLOCH-SMITH	Bellville	40	3:23:36	
47	Annatjie	BOTES	Nedbank SWD	59	3:24:26	
48	Maritsa	KOTZE	Bellville	35	3:24:37	
49	Julie	MARSHALL	Wild Runner AC	41	3:25:01	
50	Cherylynn	CERONIE	Kempton RR	33	3:25:06	

...
2785. Lisa HAHNER (GER), 27, 6:29:20
Tanith MAXWELL, DNF

i = Incentive for first five South Africans

ii = Incentive for first five Western Province athletes

= Time bonus for South African athletes under 2:38:00

Veterans:

1	Ulrica Stander	KPMG WP	2:54:09
2	Charné Bosman	Nedbank AGN	2:55:23
3	Dana-Bianca van Zyl	Florida	3:13:20

Masters:

1	Angelique Rabie	Carbineers WP	3:19:03
2	Annatjie Botes	Nedbank SWD	3:24:26
3	Christine Claasen	Achilles AAA	3:27:55

G'masters:

1	Nancy Will	Pinelands AC	3:30:29
2	Hanlie v.d. Westhuizen	Despatch AC	3:48:07
3	Chloe Glover	Team Vitality CGA	3:49:39

G/g'masters:

1	Veronica van Niekerk	Elgin Grabouw AC	4:28:29
2	Marlene James	Pinelands AC	5:12:01
3	Felicity Roberts	Polokwane AC	5:33:46

10 km**MEN**

1	Lesiba	MASHELE	Nedbank CGA	26	28:33	R10 000
2	Jeromy	ANDREAS	UJ	25	28:45	R7500
3	Kabelo	MELAMU	KPMG CGA	20	28:46	R5000
4	Anthony	TIMOTEUS	UWC	22	28:46	R2500
5	Benedict	MOENG	KPMG AGN	34	28:51	R1250
6	Ashley	SMITH	MSA Multisport	21	28:52	
7	Sibusiso	MADIKIZELA	MSA Multisport	26	28:59	
8	Sipho	MBANJWA	Boxer KZN	23	29:06	
9	Adriaan	WILDSCHUTT	Itheko	19	29:09	
10	Mthobisi	BALOYI	KPMG WP	32	29:12	
11	Collen	MULAUDZI	TUT	26	29:18	
12	Abednico	MASHABA	Asa	27	29:20	
13	Siboniso	SOLDAKA	CPUT	26	29:21	
14	Angelo	BOOYSEN	CS Boland	25	29:23	
15	Philani	BUTHELEZI	KPMG AGN	28	29:23	
16	Prodigal	KHUMALO	ZIM	35	29:25	
17	Akhona	MAKILA	VOB	26	29:28	
18	Adam	LIPSCHITZ		23	29:30	
19	Marko	BUCARIZZA	Born2run CGA	28	29:33	
20	Moeketsi	TSEISO	KPMG CNW	28	29:34	

(All age category prize money was the same: R1500, R750, R500.)

Veterans:

1	Tsungai Mwanengeni	ZIM/Guguletu AC	30:59
2	Robert Kaxuxuena	NAM	31:32
3	Christo van Rooyen	Nedbank WP	33:56

Masters:

1	Toby Philander	Itheko AC	34:48
2	Stephen Motau	Itheko AC	36:06
3	Eckhardt Visser	Durbanville AC	37:45

G'masters:

1	Robbie Lindsay	Nedbank WP	38:44
2	Goodman Mpukane	Guguletu AC	41:04
3	Sticks Stiglingh	Kowie Striders	41:33

Juniors:

1	Adriaan Wildschutt	Itheko AC	29:09
2	Itumeleng Sesiko	KPMG WP	29:35
3	Thabo Masina	Nedbank CGA	29:59

WOMEN (Same prize money as men)

1	Glenrose	XABA	Born2run KZN	22	33:25
2	Stella	MARAIS	KPMG WP	24	35:00
3	Christine	KALMER	KPMG CGA	31	35:20
4	Thobile	VILAKAZI	KPMG CGA	17	35:27
5	Yandiswa	SHANGE	KPMG CGA	17	35:58
6	Anel	TERBLANCHE	KPMG WP	30	36:23
7	Puseletso	DLADLA	Hollywoodbets	25	37:20
8	Rene	KALMER	KPMG CGA	36	37:26
9	Judy	BIRD	KPMG CGA	56	37:48
10	Mia	STEYTLER		20	37:54
11	Janene	CAREY	Boxer KZN	45	38:16
12	Martina	SUESS	Maties	24	39:00
13	Lijan	VAN NIEKERK		19	39:07
14	Alexandra	QUENET		22	39:09
15	Ester	BRINK	Carbineers WP	52	39:16
16	Diana-Lebo	PHALULA	Boxer AFS	33	39:17
17	Ronelda	VELEM	Maties	17	39:25
18	Virgell-Lee	AFRICA	Maties	14	39:29
19	Jen	BROWN	USA	45	39:35
20	Nolubabalo	DYONASE	VOB	22	39:52

Veterans:

1	Janene Carey	Boxer KZN	38:16
2	Chantel Simpson	Nedbank WP	40:30
3	Busisiwe Matiwane	Nedbank WP	41:38

Masters:

1	Judy Bird	KPMG CGA	37:48
2	Ester Brink	Carbineers WP	39:16
3	Elmarie Coetzee	Cape Multisport Club	40:21

G'masters:

1	Charmaine Cupido	Nedbank WP	46:12
2	Helen du Plessis	Brackenfell AC	50:44
3	Marietha Herbert	Bellville AC	51:53

Juniors:

1	Thobile Vilakazi	KPMG CGA	35:27
2	Yandiswa Shange	KPMG CGA	35:58
3	Ronelda Velem	Maties	39:25

Mineshaft 15 km (37th)

Queensburgh, 17 September

(Loop course. Finishers: 435 [slightly down from 442 last year].)

MEN

1.	Kosikhona Mhlakwana	Phuma KZN	48:59
2.	Muziwenkosi E Mjaja	Nedbank AC	50:12
3.	Aphelele Phungula	Bluff AC	53:11

40-49:

1.	Thokozani Mhlungu	Maxed Elite	60:25
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50-59:

1.	Willie Majombozi	Boxer AC	61:41
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60-69:

1.	Andy Daly	West AC	63:11
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70+:

1. Jeff Armstrong Athletic North 101:06

WOMEN

1. Mwabisa Mjoli Hollywood Bets AC 61:08
 2. Shelley Young Chiltern AC 63:11
 3. Nonsikelelo Mbambo Natal Carbineers 65:14

40-49:

1. Liesel Phillips Get Fit AC 84:06

50-59:

1. Michelle Sim PDAC 72:24

60-69:

1. Pam Rasmussen YWP AC 85:03

70+:

1. Gill Tregenna West AC 95:15

Brooklyn Half Marathon & 10 km

(Run in memory of Andrew Greyling)

Pretoria, 16 September

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 1000 [the same as last year]; 10 km -- 1100 [down from 1650].)

Half marathon

MEN

1 Bafana Dube (Boot Camp) 72:01; 2 Lucas Jani (Nedbank) 72:38; 3 Fanzo Ndlovu (Sibanye) 73:51.

Veterans: 1 Judas Ntuli (Magnolia) 78:34. **Masters:** 1 Alfred Mantji (Nedbank) 85:38.

G'masters: 1 Johnny v.d. Walt (Hillside) 1:45:25. **G/g'masters:** 1 Willie Els (VLC) n/t.

80+: 1 Andries van Rooyen (VTM) n/t. **Juniors:** 1 Nathan Amos (Krugersdorp) 2:05:09.

WOMEN

1 Vuyokazi Gebe (CSIR) 88:14; 2 Natalie Mullany (Born 2 Run) 94:19; 3 Cherise Sanders (Nedbank) 97:12.

Veterans: 1 Adel v.d. Worm (Phobians) 1:40:52. **Masters:** 1 Catherine Naane (Sibanye)

1:44:55. **G'masters:** 1 Carole de Waal (Wingate) 1:55:18. **G/g'masters:** 1 Annetjie

Greyvenstein (Irene) 2:03:02. **Juniors:** 1 Chantelle Schulz (Wingate) 2:07:51.

10 km

MEN

1 Reuben Maapola (Nedbank) 32:28; 2 Thapedi Mogafe (Nedbank) 33:37; 3 Greg Barnes (Born 2 Run) 33:41 (1st vet).

Veterans: 1 Greg Barnes (Born 2 Run) 33:41. **Masters:** 1 Burger Linde (Vitality) 43:03.

G'masters: 1 Francis Makuka (ZAM/Phobians) 38:29. **G/g'masters:** 1 Lammie Fourie (Agape) 55:31. **80+:** 1 Ken Nurden (Agape) 57:29. **Juniors:** 1 Bongani Ntuli (Magnolia)

45:32.

WOMEN

1 Marelise Retief (Boxer) 37:25; 2 Nina Mosehuus (Temp) 39:16; 3 Mitsie v.d. Westhuizen (KPMG) 40:58 (1st vet).

Veterans: 1 Mitsie v.d. Westhuizen (KPMG) 40:58. **Masters:** 1 Debbie Bredenkamp (HQH) 46:10. **G'masters:** 1 Francis van Blerk (Nedbank) 50:22. **G/g'masters:** 1 Mavis Stadler

(Agape) 80:59. **80+:** 1 Deidre Lakin (Randburg) 67:54. **Juniors:** 1 Chere de Toit (FFA) 61:07.

Gelvandale 15 km

Port Elizabeth, 16 September

(Loop course with very hilly first half and an undulating downhill from 8-14 km. Finishers: 170 [considerably down from 303 last year].)

MEN

1	Adriaan	Gerwel	Ikhamva AC	21	47:11
2	Andile	Motwana	Tinarha AC	20	47:12
3	Amos	Nyongo	Ikhamva AC	31	48:21
4	Zolani	Ngqaqa	Tinarha AC	28	48:48
5	Mariano	Eesou	Bestmed Madibaz AC	25	49:03
6	Zolani	Mabongo	Ikhamva AC	31	49:25
7	Brendon	Effenaar	Nedbank RC EP	21	51:04
8	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	51:15
9	Lubabalo	Mdlungwane	Ikhamva AC	27	52:06
10	George	Ntshiliza	Nedbank RC EP	37	52:09
11	Luyanda	Tshangana	Ikhamva AC	34	52:14
12	Lwazi	Mkhaliphi	Bestmed Madibaz AC	23	53:56
13	Vuyolwethu	Selana	SAP AC EP	21	54:22
14	Masande	Mlonyeni	Charlo AC	36	54:30
15	Melikhaya	Kepe	Nedbank RC EP	41	54:35
16	Kevin	Gasebo	Transnet Eng EP	37	54:51
17	Thando	Ncipa	SAP AC EP	25	55:35
18	Bulelani	Niwa	Achilles AAA	33	55:35
19	Xabiso	Kobe (1st jun)	Tinarha AC	19	57:22
20	Mthuthzeli	Mtenganya	SAP AC EP	23	58:10
40-44:					
1	Mzwanele	Maphekula	Bluewater Bay	41	51:15
2	Melikhaya	Kepe	Nedbank RC EP	41	54:35
3	Thembekile	Msipa	Charlo AC	43	1:02:13
45-49:					
1	Mzukisi	Klaas	Bluewater Bay	48	1:00:05
2	August	Esau	Nedbank RC EP	46	1:00:32
3	Mzwandile	Yokwe	Ikhamva AC	48	1:08:09
50-54:					
1	Mutekile	Rasmeni	Nedbank RC EP	52	58:52
2	Christopher	Mabengeza	Nedbank RC EP	51	1:01:38
3	Geddes	Gallant	SANDF AC EP	50	1:03:06
55-59:					
1	Mike	Burger	Charlo AC	58	1:14:26
2	Bafumane	Nyanga	Ikhamva AC	57	1:17:35
3	Richard	De Andrade	Charlo AC	56	1:17:42
60-64:					
1	Joseph	Craven	Nedbank RC EP	62	1:17:44
2	Gary	Kelleher	Charlo AC	60	1:23:39
3	Johan	Barnard	Nedbank RC EP	62	1:25:04
65-69:					
1	Sizinzo	Kama	Achilles AAA	66	1:13:07
2	Graham	Channon	Achilles AAA	68	1:16:56
3	Syd	Lippstreu	Crusaders AC	69	1:22:43
70-74:					
1	Herman	Dekker	SAP AC EP	72	1:29:37

2	Allan	Verreynne	Crusaders AC	70	1:33:24
3	Andre	Fourie	Nedbank RC EP	70	1:55:32

75-79:

1	Tamsanqa	Jusayi	Nedbank RC EP	75	1:19:33
2	Henry	Human	VW AC	78	1:57:07

Juniors:

1	Xabiso	Kobe	Tinarha AC	19	57:22
2	Sanelisekile	Sundu	Bestmed Madibaz AC	19	1:06:59
3	Rashaad	Dolley	VW AC	15	1:09:05

WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	26	1:02:30
2	Liza-Marie	Kingston	Nedbank RC EP	35	1:03:27
3	Davera	Magson (1st vet)	Nedbank RC EP	42	1:07:13
4	Siphokazi	Nojoko	Motherwell AC	22	1:07:35
5	Ludine	Williams	St Albans CS EP	30	1:10:23
6	Terray	Newcombe	Elite AC	26	1:10:47
7	Grizelda	Pietersen	Nedbank RC EP	48	1:12:17
8	Priscilla	Dyantyi	Nedbank RC EP	43	1:12:41
9	Toegeda	Vyver	Nedbank RC EP	45	1:15:01
10	Olwethu	Bomvana	Motherwell AC	31	1:21:46
11	Nomakhosi	Ntlizyo (1st jun)	Bestmed Madibaz AC	19	1:21:46
12	Aletta	Joubert (1st mast)	Crusaders AC	55	1:24:39
13	Marazane	Doubell	Temp	36	1:26:06
14	Louise	Axon	Charlo AC	39	1:27:49
15	Lisa	Hen-Boisen	Charlo AC	44	1:28:07
16	Ashenda	Makonie	VW AC	41	1:31:20
17	Lisanda	Mdlangaso	Bestmed Madibaz AC	19	1:31:36
18	Siobhan	Newcombe	Temp	27	1:31:40
19	Lesley	Maggott	Achilles AAA	50	1:32:02
20	Linda	Harwood	Achilles AAA	49	1:32:42

40-44:

1	Davera	Magson	Nedbank RC EP	42	1:07:13
2	Priscilla	Dyantyi	Nedbank RC EP	43	1:12:41
3	Lisa	Hen-Boisen	Charlo AC	44	1:28:07

45-49:

1	Grizelda	Pietersen	Nedbank RC EP	48	1:12:17
2	Toegeda	Vyver	Nedbank RC EP	45	1:15:01
3	Linda	Harwood	Achilles AAA	49	1:32:42

50-54:

1	Lesley	Maggott	Achilles AAA	50	1:32:02
2	Sonja	Olivier	Bluewater Bay	50	1:33:17
3	Sharon	Smuts	St Albans CS EP	51	1:34:11

55-59:

1	Aletta	Joubert	Crusaders AC	55	1:24:39
2	Miemsie	Swanepoel	Elite AC	56	1:33:01
3	Liz	Austin	Achilles AAA	59	1:37:27

65-69:

1	Helene	Oppel	Elite AC	67	1:36:37
2	Jeanette	Pienaar	PEAAC	69	1:48:41
3	Rita	Boucher	Infinity AC	67	2:02:04

70-74:

1	Ronelle	Steyn	Nedbank RC EP	73	1:42:43
2	Denise	Terblanche	Infinity AC	70	1:47:43
3	Elaine	Verreynne	Crusaders AC	71	2:03:29

Juniors:

1 Nomakhosi Ntlizyo Bestmed Madibaz AC 19 1:21:46

Swift Half Marathon & 10 km

Pietermaritzburg, 10 September

(Distances: 21.1 km & 10 km; course configurations unknown)

Half marathon**MEN**

1. Phalang Mosiea (Ind) 1:10:22
2. Madekase Lefatsa (Phuma) 1:10:31
3. Thobane Chagwe (Ind) 1:12:46

Veterans: 1. Bernard Phalatsane (ZIM/Phant) 1:14:45; 2. Vusi Sokhela (ME) 1:15:21; 3. Msawenkosi Mlaba (Ned) 1:16:26. **Masters:** 1. Siphon Mbokazi (Mtubat) 1:29:02; 2. Sibusiso Ngcobo (SAPS) 1:39:13; 3. Joseph Mngadi (Amaq) 1:51:16. **G'masters:** 1. Trevor Downing (Vital) 1:48:49; 2. Les Burnard (CH) 1:51:34. **G/g'masters:** 1. Benfield Zulu (AW) 2:06:28. **Juniors:** 1. Thobani Hlongwane (SE) 1:15:15.

WOMEN

1. Sanelisiwe Mbanjwa (Ind) 1:26:20
2. Thobile Mkhize (SE) 1:32:53
3. A.N. Other (SE) 1:32:17

Veterans: 1. Sibongile Ziqubu (Ing) 1:44:57; 2. Gail Krige (Hilton) 1:53:41; 3. Tholakele Ngcobo (SAPS) 1:55:24. **Masters:** 1. Debbie Kruger (SAPS) 2:00:08; 2. Zandile Mtolo (Maritz) 2:10:26; 3. Margaret Birkett (HV) 2:12:51. **G'masters:** 1. Jenny Taylor (Saints) 1:53:57; 2. Nosisa Kunene (RWFL) 2:39:02.

10 km**MEN**

1. Nkosikhona Mhlakwana (Phuma) 32:37
2. Zolani Dlamini (SAPS) 33:34
3. Maradonna Ngcobo (Eskom) 33:39

Veterans: 1. Pumlanzi Ntuli (VS) 40:00. **Masters:** 1. Luke Mabaso (Maritz) 41:54. **G'masters:** 1. Ian Abrams (Vital) 74:26. **G/g'masters:** 1. Brian Birch (CH) 82:01. **Juniors:** 1. Phumlani Dlamini (Ind) 37:33.

WOMEN

1. Roxanne Vale (Carb) 47:48
2. Xolisile Mwelase (Ned) 50:53 (1st mast)
3. Christa du Plessis (CH) 51:55

Veterans: 1. Nonhlanhla Gwala (Ned) 53:11. **Masters:** 1. Xolisile Mwelase (Ned) 50:53. **G'masters:** 1. Josephine Gass (Carb) 65:27. **G/g'masters:** 1. Julie Young (Carb) 83:45. **Juniors:** 1. Noxolo Malicia Vezi (Ind) 52:22.

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

Copenhagen Half Marathon (3rd)

(Danish Half-marathon Championships)

(IAAF Silver Label Road Race)

Copenhagen, DEN, 17 September

(Distance: 21.1 km; IAAF-certified one-loop course; very flat)

Note: This race produced very impressive results yet again, including seven men under the one-hour mark for the second straight year, and three under 59:00, reports *Race Results Weekly*. Abraham Cheroben ran a world-leading 58:40 to earn an eight-second win over Jorum Lumbasi Okombo, setting an event record in the process. Alex Korio also dipped under 59 minutes. Among the women, Eunice Chumba completed the Bahrain sweep timing 1:06:11 for an event record. Joan Chelimo Melly and Brigid Jepchirchir Kosgei ran 1:06:25 and 1:06:35, respectively, while a total of seven women ran 1:08:23 or faster. The *en route* marks were just as impressive. -- Ed.

MEN (gun times)

1. Abraham Cheroben, BRN	58:40 CR/PB/NR/WL	USD 10,000 + 5000 [^] + 2000#
2. Jorum Lumbasi Okombo, KEN	58:48 PB	6,000 + 2000#
3. Alex Oloiptip Korio, KEN	58:51 PB	4,000 + 2000#
4. Albert Kipkosgei Kangogo, KEN	59:25 PB	3,000 + 2000#
5. Leonard Barsoton, KEN	59:28 PB	2,000 + 2000#
6. Moses Martin Kurong, UGA	59:50 PB/NR	1,500 + 2000#
7. Geoffrey Kimutai Koech, KEN	59:50 PB	1,200 + 2000#
8. Shura Kitata, ETH	1:00:10 PB	1,000
9. Geoffrey Yegon, KEN	1:00:16	
10. Abrar Osman Adem, ERI	1:00:19 PB	
11. Eliud Tarus, KEN	1:01:20	
12. James Mwangi Wangari, KEN	1:02:05	
13. Edwin Kipngetch Koech, KEN	1:02:13	
14. Daniel Rotich, UGA	1:02:14	
15. William Nyarondia Morwabe, KEN	1:02:21 PB	

[^]) Earned event record bonus

#) Earned sub-60 bonus

MEN SPLITS

5 km (1810 m S/F separation; -2 m elevation change) - IAAF RECORD-ELIGIBLE

1. Moses Koech, KEN	13:48
2. James Mwangi Wangari, KEN	13:48
3. Jorum Lumbasi Okombo, KEN	13:48
4. Geoffrey Kimutai Koech, KEN	13:49
5. Abraham Cheroben, BRN	13:49
6. Albert Kipkosgei Kangogo, KEN	13:49
7. Leonard Barsoton, KEN	13:49
8. Alex Oloiptip Korio, KEN	13:49
9. Geoffrey Yegon, KEN	13:49

10 km (3730 m S/F separation; -2 m elevation change) - IAAF RECORD-ELIGIBLE

1. James Mwangi Wangari, KEN	27:50
2. Alex Oloiptip Korio, KEN	27:50

3. Jorum Lumbasi Okombo, KEN 27:50
4. Albert Kipkosgei Kangogo, KEN 27:50
4. Geoffrey Yegon, KEN 27:50
6. Abraham Cheroben, BRN 27:51
7. Leonard Barsoton, KEN 27:51
8. Geoffrey Kimutai Koech, KEN 27:51
9. Moses Martin Kurong, UGA 27:51
10. Abrar Osman Adem, ERI 27:51

15 km (3100 m S/F separation; -8 m elevation change) - IAAF RECORD-ELIGIBLE

1. Abraham Cheroben, BRN 41:53
2. Jorum Lumbasi Okombo, KEN 41:54
3. Alex Oloiptip Korio, KEN 41:54
4. Albert Kipkosgei Kangogo, KEN 41:54
5. Leonard Barsoton, KEN 41:54
6. Moses Martin Kurong, UGA 41:58
7. Geoffrey Kimutai Koech, KEN 41:58
8. Abrar Osman Adem, ERI 41:58
9. James Mwangi Wangari, KEN 42:12
10. Geoffrey Yegon, KEN 42:15

20 km (560 m S/F separation; -1 m elevation change) - IAAF RECORD-ELIGIBLE

1. Abraham Cheroben, BRN 55:51
2. Jorum Lumbasi Okombo, KEN 55:51
3. Alex Oloiptip Korio, KEN 55:51
4. Leonard Barsoton, KEN 56:25
5. Albert Kipkosgei Kangogo, KEN 56:25
6. Moses Martin Kurong, UGA 56:43
7. Geoffrey Kimutai Koech, KEN 56:43
8. Abrar Osman Adem, ERI 57:09
9. Geoffrey Yegon, KEN 57:13
10. Shura Kitata, ETH 57:14

WOMEN (gun times)

1. Eunice Chebichii Chumba, BRN 1:06:11 CR/PB/NR USD 10,000 + 5000[^] + 2000[#]
2. Joan Chelimo Melly, KEN 1:06:25 PB 6,000 + 2000[#]
3. Brigid Jepchirchir Kosgei, KEN 1:06:35 PB 4,000 + 2000[#]
4. Roza Dereje, ETH 1:07:23 PB 3,000 + 2000[#]
5. Meskerem Assefa, ETH 1:07:42 PB 2,000 + 2000[#]
6. Agness Jeruto Barsosio, KEN 1:08:21 PB 1,500
7. Paskalia Chepkorir, KEN 1:08:23 1,200
8. Desi Jisa Mokonin, BRN 1:09:07 PB 1,000
9. Yeshi Kalayu Chekole, ETH 1:09:13 PB
10. Sara Hall, USA 1:09:37 PB
11. Sylvia Kiberenge, KEN 1:10:42 PB
12. Mary Munanu, KEN 1:11:56 PB
13. Truphena Chepchirchir, KEN 1:12:33 PB
14. Zerfie Limeneh, ETH 1:12:44 PB
15. Anna Holm, DEN 1:12:56 PB
16. Arba Mude Zeytuna, ETH 1:12:56 PB
17. Simone Glad, DEN 1:14:02 PB
18. Louise Langelund Batting, DEN 1:14:30 PB
19. Charlotte Karlsson, SWE 1:15:55
20. Lisa Ring, SWE 1:16:15 PB

[^]) Earned event record bonus

[#]) Earned sub-68 bonus

WOMEN SPLITS (Unknown if net or gun times)

5 km (1810 m S/F separation; -2 m elevation change) - IAAF RECORD-ELIGIBLE

1. Roza Dereje, ETH 15:44
2. Brigid Jepchirchir Kosgei, KEN 15:44
3. Paskalia Chepkorir, KEN 15:44
4. Joan Chelimo Melly, KEN 15:44
5. Desi Jisa Mokonin, BRN 15:44
6. Eunice Chebichii Chumba, BRN 15:44
7. Meskerem Assefa, ETH 15:45
8. Agness Jeruto Barsosio, KEN 15:45
9. Yeshi Kalayu Chekole, ETH 15:45
10. Mary Munanu, KEN 15:45

10 km (3730 m S/F separation; -2 m elevation change) - IAAF RECORD-ELIGIBLE

1. Brigid Jepchirchir Kosgei, KEN 31:43
2. Joan Chelimo Melly, KEN 31:43
3. Eunice Chebichii Chumba, BRN 31:43
4. Paskalia Chepkorir, KEN 31:43
5. Roza Dereje, ETH 31:43
6. Agness Jeruto Barsosio, KEN 31:43
7. Meskerem Assefa, ETH 31:43
8. Desi Jisa Mokonin, BRN 31:43
9. Yeshi Kalayu Chekole, ETH 31:43
10. Mary Munanu, KEN 32:33

15 km (3100 m S/F separation; -8 m elevation change) - IAAF RECORD-ELIGIBLE

1. Brigid Jepchirchir Kosgei, KEN 47:24
2. Eunice Chebichii Chumba, BRN 47:24
3. Joan Chelimo Melly, KEN 47:25
4. Roza Dereje, ETH 47:41
5. Meskerem Assefa, ETH 47:42
6. Paskalia Chepkorir, KEN 47:53
6. Agness Jeruto Barsosio, KEN 47:53
8. Desi Jisa Mokonin, BRN 48:17
9. Yeshi Kalayu Chekole, ETH 48:22
10. Sara Hall, USA 49:28

20 km (560 m S/F separation; -1 m elevation change) - IAAF RECORD-ELIGIBLE

1. Joan Chelimo Melly, KEN 1:02:57
2. Eunice Chebichii Chumba, BRN 1:02:58
3. Brigid Jepchirchir Kosgei, KEN 1:03:17
4. Roza Dereje, ETH 1:03:59
5. Meskerem Assefa, ETH 1:04:18
6. Agness Jeruto Barsosio, KEN 1:04:49
7. Paskalia Chepkorir, KEN 1:04:49
8. Desi Jisa Mokonin, BRN 1:05:35
9. Yeshi Kalayu Chekole, ETH 1:05:42
10. Sara Hall, USA 1:06:10

Meia Maratona SportZone (11th)

Porto & Gaia, POR, 17 September

(Distance: 21.1 km)

MEN (gun times)

1. Abraham Kiptum, KEN 1:00:06

2. Marius Kimutai, KEN 1:00:07 PB
3. Leonard Kipkoech Langat, KEN 1:00:08
4. Thomas Kiplagat Rono, KEN 1:00:54 PB
5. Peter Kwemai Ndorobo, KEN 1:01:13
6. Mathew Kisorio, KEN 1:01:28
7. Vincent Chepkok, KEN 1:02:42
8. Martin Kosgei, KEN 1:03:06
9. Emmanuel Mutai, KEN 1:03:06

WOMEN (gun times)

1. Monica Jepkoech, KEN 1:09:23 CR*
2. Vivian Jerono Kiplagat, KEN 1:09:26 PB
3. Antonina Kwambai, KEN 1:11:52
4. Jackline Atodonyang, KEN 1:12:30 PB
5. Ayano Ikemitsu, JPN 1:13:20
6. Salome Rocha, POR 1:14:45
7. Ana Mafalda Ferreira, POR 1:14:59 PB
8. Vera Nunes, POR 1:15:12
9. Shito Wudessa, ETH 1:15:58
10. Monica Silva, POR 1:15:59

Mattoni Ústí Half Marathon (7th)

(IAAF Gold Label Road Race/RunCzech Series)

Usti nad Labem, CZE, 16 September

(Distance: 21.1 km; AIMS-certified loop course)

MEN (gun times)

1. Barselius KIPYEGO, KEN 59:14 PB/CR € 3000 + 1000* + 5000i
2. Josphat Kimutai TANUI, KEN 59:22 PB 1500 + 2000i
3. Ismail JUMA, TAN 59:30 NR 1000 + 2000i
4. Wilfred Kimeli KIMITEI, KEN 1:00:12 PB 600 + 2000i
5. Philip Kibungei TARBEI, KEN 1:00:13 PB 500 + 2000i
6. Aziz LAHBABI, MAR 1:00:15 PB 400 + 2000i
7. Solomon Kirwa YEGO, KEN 1:00:16 200 + 2000i
8. Yuta SHITARA, JPN 1:00:17 NR 100 + 2000i
9. Isaac Kipkoech LANGAT, KEN 1:00:25 PB 2000i
10. Kenneth KETER, KEN 1:01:05 500i
11. Evans CHERUIYOT, KEN 1:01:07 500i
12. Almahjoub DAZZA, BHR 1:01:57

*) Course record bonus

i) Earned open time incentive bonus

WOMEN (gun times)

1. Violah JEPCHUMBA, BRN 1:06:06 NR/CR € 3000 + 1000* + 5000i
2. Nancy Jepkosgei KIPROP, KEN 1:07:22 PB 1500 + 2000i
3. Lucy CHERUIYOT, KEN 1:07:23 PB 1000 + 2000i
4. Stacy Chepkemboi NDIWA, KEN 1:09:09 PB 600 + 1000i
5. Yvonne JELAGAT, KEN 1:10:25 PB 500
6. Belaynesh TSEGAYE, ETH 1:10:28 400
7. Eva VRABCOVÁ, CZE 1:11:22 200 + CZK 12,000 + 5,000# + 10,000ii
8. Lydia ROTICH, KEN 1:11:25 100
9. Iulia SHMATENKO, UKR 1:12:45 PB
10. Silvia WEISSTEINER, ITA 1:13:50
11. Radka HANZLOVÁ, CZE 1:17:16 CZK 8,000
12. Tereza DURDIAKOVÁ, CZE 1:17:51 4,000

- *) Course record bonus
- i) Earned open time incentive bonus
- #) Czech event record/CZK 5000 bonus
- ii) Earned Czech citizen time bonus

Volksbank Münster Marathon (16th)

Münster, GER, 10 September
(Distance: 42.195 km; loop course.)

MEN (gun times)

1. Paul Maina, KEN, 2:11:22
2. Duncan Koech, KEN, 2:12:06
3. Joseph Kyengo Munywoki, KEN, 2:12:17

WOMEN (gun times)

1. Rose Jepchoge Maru, KEN, 2:33:05
2. Eunice Kioko, KEN, 2:33:59
3. Hisae Yoshimatsu, JPN, 2:36:02

PKO Wroclaw Marathon (35th)

Wroclaw, POL, 10 September
(Distance: 42.195 km)

Note: Stellah Barsosio won here for the third consecutive year and lowered her own course record by about 6 minutes. --Ed.

MEN (gun times)

1. Abel Kibet ROP, 1986, KEN, 2:13:36 PB
2. Robert Wambut MBITHI, 1989, KEN, 2:14:27 PB
3. Cosmas Mutuku KYEVA, 1985, KEN, 2:16:45

WOMEN (gun times)

1. Stellah Jepngetich BARSOSIO, 1993, KEN, 2:28:14 CR*/PB
2. Pamela KIPCHOGE JEMELI, 1983, KEN, 2:38:09
3. Dominika STELMACH, 1982, POL 2:41:02

Jeff Winter City of Lakes Half Marathon (36th)

Minneapolis, USA, 10 September
(Distance: 21.1 km; certified record-standard course with separately certified record-eligible 10-mile split)

MEN (gun times)

- | | | |
|-----------------------------------|---------|-------|
| 1. Evans Kurui, 24, KEN | 1:06:19 | \$500 |
| [certified 10-Mile split 50:00] | | |
| 2. Noah Kipruto, 33, KEN | 1:06:29 | 200 |
| 3. Ben Sathre, 27, Saint Paul, MN | 1:08:16 | 100 |

WOMEN (gun times)

- | | | |
|---------------------------------------|---------|----------|
| 1. Diana Chemtai Kipyokei, 23, KEN | 1:14:16 | CR \$500 |
| [certified 10-mile split 56:34] | | |
| 2. Meghan Peyton, 31, Bloomington, MN | 1:17:13 | 200 |
| 3. Gladys Cheboi, 28, KEN | 1:18:53 | 100 |

Semi-Marathon d'Auray Vannes (43rd)

Auray to Vannes, FRA, 10 September

(Distances: 21.1 km; point-to-point course)

MEN (gun times)

1. Getinet Mele Gedamu, ETH, 1:03:49
2. Felix Kirui, KEN, 1:03:51
3. Lazarus Too, KEN, 1:03:53

WOMEN (gun times)

1. Susan Kipsang, KEN, 1:14:59
2. Chaltu Dida Negasa, ETH, 1:15:05
3. Mercyline Jeronoh, KEN, 1:15:16
4. Immaculate Chemutai, UGA, 1:15:39
5. Shewaye Wolde Woldemeskel, ETH, 1:16:07

Minsk Half Marathon (5th)

Minsk, BLR, 10 September

(Distance: 21.1 km; one-loop course [certification unknown])

Note: Nina Savina, who lost by 6 seconds to Volha Mazuronak in 2016, was second again, by 21 seconds to Ludmila Liakhovich (who was seventh overall). Maryna Damantsevich, winner of the Old Mutual Two Oceans 56 km over Easter, was third. --Ed.

MEN (gun times)

1. Hillary Kiptum Maiyo Kimaiyo, 1994, KEN, 1:03:19
2. Jima Bekele, ETH, 1:04:23
3. Mykola Lukhimchuk, 1985, UKR, 1:06:13

WOMEN (gun times)

1. Ludmila Liakhovich, 1989, BLR, 1:13:53
2. Nina Savina, 1993, BLR, 1:14:14
3. Maryna Damantsevich, 1984, BLR, 1:14:22
4. Sitara Khamidova, 1989, UZB, 1:15:11
5. Christine Moraa Oigo, 1986, KEN, 1:15:54

Alsterlauf Hamburg (28th)

Hamburg, GER, 10 September

(Distance: 10 km)

MEN (gun times)

1. James Kibet, 1988, KEN, 28:30
2. Charles Wachira Maina, 1982, KEN, 28:43
3. Ezra Kering, 1986, KEN, 29:28

WOMEN (gun times) -

1. Mary Munanu, 1991, KEN, 31:20 PB/CR*
2. Joyce Jemutai Kiplimo, 1988, KEN, 32:39
3. Tabitha Gichia, 1983, KEN, 33:08

Park to Park Half Marathon

Waterloo, USA, 9 September

(Distance: 21.1 km; certified record-standard course)

MEN (gun times)

- | | | | |
|------------------------|---------|-----|----------------|
| 1. Sammy Rotich, KEN | 1:03:32 | CR* | \$500 + \$600* |
| 2. Evans Kurui, KEN | 1:03:58 | 250 | |
| 3. Noah Kipngabit, KEN | 1:04:10 | 150 | |

*) Course record bonus

WOMEN (gun times)

- | | | | |
|--------------------------------|---------|-----|----------------|
| 1. Diana Chemtai Kipyokei, KEN | 1:09:43 | CR* | \$500 + \$600* |
| 1. Margaret Wanjiru, KEN | 1:13:17 | 250 | |
| 3. Joan Aiyabei, KEN | 1:15:42 | 150 | |

*) Course record bonus

Hoka One One Long Island Mile (3rd)

Huntington Station, USA, 6 September

(Distance: one mile)

Prize Money: See details below

MEN

- | | | |
|--------------------------------------|---------|--------|
| 1. Chris O'Hare, adidas (GBR) | 3:56.22 | \$3000 |
| 2. Nick Willis, adidas (NZL) | 3:56.41 | 2500 |
| 3. John Gregorek, ASICS | 3:57.50 | 1500 |
| 4. Craig Engels, Nike Oregon Project | 3:58.58 | 1250 |
| 5. Kyle Merber, Hoka NJ-NY TC | 3:58.75 | 1000 |
| 6. Colby Alexander, Hoka NJ-NY TC | 3:59.23 | 750 |
| 7. Pat Tiernan, NIKE (AUS) | 4:00.43 | 500 |

WOMEN

- | | | |
|---------------------------------|---------|-----------|
| 1. Emily Lipari, BAA | 4:28.84 | PB \$3000 |
| 2. Brenda Martinez, New Balance | 4:28.96 | 2500 |
| 3. Hannah Fields, Brooks Beasts | 4:30.32 | 1500 |
| 4. Emily Infeld, NIKE | 4:30.78 | PB 1250 |

MOUNTAIN/TRAIL/ULTRA RUNNING**Jungfrau Marathon (25th) & Mile (4th)**

Interlaken, SUI, 8-9 September

(Distances: 42.195 km [with massive 1800m elevation GAIN!], and 1 mile)

Note: After a relatively flat portion in the first 10 km, this race course just keeps heading up and up. The start is at 565 m and peaks at 2203 m before going down slightly to the finish line at 2090 m. New course records were set by reigning European mountain running champion Maude Mathys in the women's marathon and by Sanne Verstegen in the mile. In the marathon the first two men in 2016, Robbie Simpson and Birhanu Mekonnen, finished in the same order, but were beaten by Colombian Jose David Cardona. In the mile Patrick Ereng Mugur scored his third win in a row and ran almost 8 sec faster than last year. -- Ed.

Marathon (09/extended gun times)

MEN

- | | |
|----------------------------------|-----------|
| 1. Jose David Cardona, 1982, COL | 2:56:20.7 |
|----------------------------------|-----------|

2. Robbie Simpson, 1991, GBR 2:58:48.3
3. Birhanu Mekonnen, 1987, ETH 3:02:42.1

WOMEN

1. Maude Mathys, 1987, SUI 3:12:56.0 CR
2. Michelle Maier, 1991, GER 3:23:07.3
3. Petra Eggenschwiler, 1988, SUI 3:35:08.5
- ... 7. Simona Staicu, 1971, HUN 3:42:07.3

Mile (08/extended gun times)

MEN

1. Patrick Ereng Mugur, 1987, KEN 4:30.96
2. Amine Khadiri, 1988, CYP 4:31.87
3. Tom Marshall, 1989, GBR 4:33.21

WOMEN

1. Sanne Verstegen, 1985, NED 4:35.73 CR
2. Gesa Krause, 1992, GER 4:37.96
3. Lisa Kurmann, 1989, SUI 4:47.95

Ultraloop Winschoten (30th)

Winschoten, NED, 9 September
(Distance: 100 km [10 x 10 km loop])

MEN (gun times)

1. Wouter Decock, BEL, 6:46:12
2. Pascal van Norden (40+), NED, 6:55:10
3. Gerrit Wegener, GER, 7:18:31

WOMEN (gun times) -

1. Sophia Sundberg, SWE, 7:50:13
2. Katerina Kasparova, CZE, 8:09:45
3. Leonie Ton (40+), NED, 8:15:17

STATS TIME

Dominique Scott-Efurd's exploits in recent weeks, including a quick 5 km in Carlsbad, have been covered in detail in DRR. This week we include an all-time list of the top ten SA women in the 5 km. Elana Meyer's 1994 SA record at the top of the list was a world record at the time. Secondary performances by the top three are also listed.

ALL-TIME 5 KM: TOP 10 WOMEN

15:10	Elana Meyer	Providence	16 Oct 94
15:19A	Colleen de Reuck	Clarksville	09 Sep 95
15:20	De Reuck-2	Carlsbad	27 Mar 94
15:24	Meyer-2	Providence	15 Sep 02
15:36	Dominique Scott-Efurd	Norman	03 Sep 16
15:40	Scott-Efurd-2	Carlsbad	02 Apr 17
15:43	De Reuck-3	Dallas	17 Jun 00
15:47	Scott-Efurd-3	Brookhaven	02 Sep 17
15:48	De Reuck-4	Chicago	14 Jul 00
16:04	Carlien Cornelissen	New Milford	23 May 03
16:04	Lebo Phalula	Bedfordview	11 Jan 09
16:12	René Kalmer	Albany	31 May 14

16:13	Lebogang Phalula	Johannesburg	28 Aug 16
16:18	Meyer-3	Providence	07 Sep 03
16:25	Irvette van Blerk	Arezzo	27 May 12
16:26	Theresa du Toit	New Milford	19 May 00
16:30	Alta Verster		1996

THIS MONTH IN HISTORY

46 years ago tomorrow: 19 September 1971

In the seventies of the previous century women's marathoning was still in its infancy and standards came down rapidly. Women were allowed to run the Boston Marathon officially only in 1972. When the New York Marathon was held on this day, on a course in Central Park, the spotlight fell on Beth Bonner, who four months earlier had run a world fastest time of 3:01:42 in Philadelphia. In New York she smashed this to become the first woman under 3 hours. She won in 2:55:22 from Nina Kuscsik, who also dipped under 3 hours with her 2:56:04. Seven months later Kuscsik would become the first official female winner of the Boston Marathon in 3:10:26. Before the decade ended, the world record had gone down to 2:27:33 (by the great Grete Waitz, also in New York).

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 Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
	74:27	Dathan Ritzenhain (USA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar
	90:54	Melikhaya Frans	Uitenhage	
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		06 Aug
	2:16:14	Desmond Mokgobu	London	
	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		22 Jul
	7:42:28	Simphiwe Velleem	Cape Town	
	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
<u>Masters (50+)</u>				
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
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	87:51 71:31	Thomas Moses Martin Rees (GBR) 2013	Port Elizabeth	24 Jun
25 km	1:54:07A 1:58:06	Devilliers Oberholzer Theo Bohnen	Pinetown Pretoria	29 Jan 06 May
30 km	94:01 2:10:11	Doug Winn (USA) 2010 Kosie Botha	Parow	26 Mar
Marathon	1:57:07 3:04:53	Ed Whitlock (CAN) 1994 Gideon Radebe	Cape Town	17 Sep
100 km	2:36:30 12:52:48	Yoshihisa Hosaka (JPN) 2009 Ratlali Finger	Cape Town	22 Jul
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	1:56:09 99:59	Elias Raphulu Clive Davies (USA) 1985	Pretoria	06 May
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:37:53	Elias Raphulu	Centurion	01 May

100 km	2:54:49 14:57:07	Ed Whitlock (CAN) 2004 Donald Ross-Watt	Cape Town	22 Jul
<u>Juniors</u>				
10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar
21.1 km	68:26 59:16	Aphelele Nkonyana Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 Jun
WOMEN				
<u>Open</u>				
10 km	32:22 30:04 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	2:36:47 2:17:01 2:15:25 Mx 2:17:42 Wo	Irvette van Zyl Mary Keitany (KEN) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	Cape Town	17 Sep
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 82:13	Shani Silver Maria Vilakazi Mizuki Noguchi (JPN) 2005	Pinetown Pretoria	29 Jan 06 May

30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:54:09	Ulrica Stander	Cape Town	17 Sep
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	9:42:24	Rowen Gloyne	Cape Town	22 Jul
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	38:43	Judy Bird	Cape Town	02 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:01	Christine Claasen	Port Elizabeth	13 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
	2:07:29	Ansa Strydom	Pretoria	06 May
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52	Jane Mudau	Durban	09 Apr
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	14:27:46	Cynthia Jooste	Cape Town	22 Jul
<u>Grandmasters (60+)</u>				
10 km	42:08	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	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:28:29	Veronica van Niekerk	Cape Town	17 Sep
	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
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr

1:09:05 Delilah Asiago (KEN) 1991

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