

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

While the sprinters burnt up the track in the L.C. de Villiers Stadium -- helped, no doubt, by Pretoria's altitude of 1400 m -- and set four new South African records (plus one in the 400 m hurdles), there were few surprises in the distance events. The biggest surprise came in the 800 m, where the defending champion and fastest man in 2017, Rynardt van Rensburg, was beaten by Tshepo Tshite, whose 1:46.04 is a new personal best. Tshite was third last year. Van Rensburg ran 1:46.67, with Jabulane Ncamane (1:47.29) taking the bronze.

Two athletes scored doubles. The most impressive came from Olympic and world 800 m champion Caster Semenya, who retained her two-lap title with the world's fastest time of the year, 1:57.80, after running 1:58.92 in her heat. Gena Lofstrand (2:05.82) repeated her second place of last year. The previous day Semenya had taken the 1500 m at a canter in 4:10.68. She also won both events, plus the 400 m, in 2016.

Cherise Sims won both the steeplechase and 10000 m and ran a PB in each race. She first took the steeplechase on the second day in 10:41.14, winning by almost 17 seconds, and then followed this on the last day with an even bigger win in 35:55.83. The second athlete was more than 36 seconds behind her.

In the absence of defending champion Elroy Gelant, Stephen Mokoka won his 25th SA title on all surfaces -- and his eighth over 25 laps -- when he took the 10000 m in 29:34.56. (Only Xolile Yawa, with nine, has more 10000 m titles than Mokoka.) Sibabalwe Gladwin Mzazi was second in both the 10000 m and 5000 m.

Dominique Scott-Efurd, who inexplicably has not been selected for the Commonwealth Games, earned her first national title with 16:55.05 in the 5000 m.

Apart from Semenya (800) and Sims (steeplechase), only one other athlete retained a title: Rantso Mokopane, who won the men's barrier event in 8:51.23.

In the Old Mutual Om die Dam 50 km, run for the 28th time, the victories went to two 40+ athletes, with Salome Cooper scoring a huge win in her best time on a standard course. Marco Mambo, a three-time Two Oceans winner, beat defending champion Collin Parura to take the men's race.

Pioneering American marathon runner Kathrine Switzer (71), who completed the all-male Boston Marathon in 1967 despite an attempt by the organiser to eject her from the race,

will compete in next month's Virgin Money London Marathon for the first time, reports *Athletics International*. Switzer, winner of the 1974 New York City Marathon, has been a tireless advocate for women's distance running and, after organising a global series of 400 women's races in 27 countries, she was instrumental in getting the women's marathon added to the 1984 Olympic programme.

Not distance running, but this is such a nice story from *Athletics International* that I thought it should be mentioned: There's a prize with a difference for the winner of the javelin contest at the Paavo Nurmi Games (IAAF World Challenge) in Turku on 5 June, a competition that has attracted the likes of Johannes Vetter, Thomas Röhler and Tero Pitkämäki. If the victor throws farther than Aki Parviainen's Finnish record of 93.09, he will win one of the Turku Archipelago's 20 000 islands!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Deloitte Challenge Marathon, Half Marathon & 10 km, Durban
- * Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
- * Lake Farm Centre 10 km, Port Elizabeth
- * Cabbage Patch 15 km, Komga
- * Track: South African Track & Field Championships, Pretoria

International highlights:

- * Seoul International Marathon, Seoul, KOR
 - * United Airlines NYC Half Marathon, New York, USA
 - * Matsue Women's Half Marathon, Matsue, JPN
 - * 10 Km Villa de Laredo, Laredo, ESP
 - * Zurich Marató de Barcelona, Barcelona, ESP
 - * Podium 5 km, Barrowford, GBR
 - * Aloha Zane Branson Memorial 15 km, Kabarak, KEN
 - * XC: CAA African Cross-country Championships, Chlef, ALG
 - * Indoor track: Armory NYC Indoor Marathon, New York, USA; NCAA Division II Indoor Championships, Pittsburgh, USA
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ROAD RUNNING

Deloitte Challenge Marathon, Half Marathon & 10 km

Durban, 18 March

(Distances: 42.195 km, 21.1 km & 10 km. Point-to-point downhill courses, all finishing on the Durban beachfront -- the marathon from Ballito [dropping from approx. 120 m above sea level to approx 18 m, i.e. 2.42 m/km], the half marathon from Sibiyi Casino [dropping from approx. 115 m to 18 m, i.e. 4.6 m/km] and the 10 km from Virginia Airport Circle [drop negligible]. Finishers: marathon -- 2404; half marathon -- 2636; 10 km -- 917.)

Note: Even considering the downhill nature of these courses (the 10 km not so much), all three are probably well short. The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows a figure of -6.78 sec/km for the marathon (twelve time comparisons) -- in excess of the allowable -5 sec/km. The figure for the half marathon (ten comparisons) is -9.09 sec/km and for the 10 km (eleven comparisons) it is a huge -13.24 sec/km. These times can therefore not be used for statistical purposes. -- Ed.

Marathon

MEN

1	Nkosikhona Mhlakwana	Boxer AC	2:22:49
2	Slindile Gubese	Ethekwini AC	2:27:18
3	Professor Mollen	ZIM/Hollywoodbets AC	2:28:58
4	Ephraim Xaba	Hillcrest Villagers	2:30:36
5	Syvion Madikane	Nedbank Running Club	2:31:42

Veterans:

1	Ephraim Xaba	Hillcrest Villagers	2:30:36
2	Nkosinathi Ngcongo	Stella	2:33:05
3	Jonathan Edwards	Hillcrest Villagers AC	2:36:28

Masters:

1	Wayne Scott	Pinetown & District AC	2:48:41
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G'masters:

1	Msebenziwenkosi Freddie Mhlongo	Phantane AC	3:42:41
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G/g'masters:

1	Alf Burgess	Hillcrest	4:48:06
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WOMEN

1	Silindile Chili		2:51:39
2	Lisa Collett	Boxer	2:57:33
3	Margreth Mahohoma	ZIM/Zakhele AC	3:00:47
4	Dawn Nunes	Pinetown & District AC	3:15:38
5	Andisiwe Ntlantywa	Team Vitality	3:15:53

Veterans:

1	Lisa Collett	Boxer	2:57:33
2	Ashleigh White	DHS Old Boys	3:17:12
3	Patricia Dammann	Team Vitality	3:24:12

Masters:

1	Greta de Wet	Forest Hills AC	3:38:49
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G'masters:

1	Roberta Logan	Collegians Harriers	4:06:02
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G/g'masters:

1	Maureen Parry	Chiltern AC	5:25:59
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Half marathon

MEN

1	Siyabonga Nkonde	Ethekwini AC	1:05:24
2	Ayanda Mncube	Ethekwini AC	1:05:46
3	Thobani Chagwe	Maxed Elite Pro Club	1:08:01

Veterans:

1	Justin Chitake	ZIM/Maxed Elite	1:13:17
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Masters:

1	Deon Janneker	Sydenham Sports Club	1:21:52
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G'masters:

1	Phil Toland	Pinetown & District AC	1:54:19
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G/g'masters:

1	Larry Claasen	Hilton Harriers	2:02:38
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WOMEN

1	Zama Mokoena	Ind	1:22:52
2	Nontokozi Mkhize	Nedbank RC	1:23:24
3	Geraldine von Fintel	Zululand MC	1:28:34

Veterans:

1	Geraldine von Fintel	Zululand MC	1:28:34
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Masters:

1	Lesley Delmar	Ind	1:38:36
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G'masters:

1	Pamela Rasmussen	Yellowwood Park AC	2:11:31
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G/g'masters:

1	Georgina Tasseron	Vryheid AC	2:19:57
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10 km**MEN**

1	Tsepang Maqaleha	LES/Hollywood Bets AC	30:27
2	Maradona Ngcobo	Hollywoodbets AC	30:56
3	Simphiwe Zulu	Hollywoodbets AC	30:57

Veterans:

1	Simphiwe Zulu	Hollywoodbets AC	30:57
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Masters:

1	Michael Ndlovu	Zakhele AC	36:01
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G'masters:

1	Percy Singh	Newlands AC	55:19
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G/g'masters:

1	Andrew Spence	South Coast Striders	47:30
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Juniors:

1	Tsepang Maqaleha	Hollywood Bets AC	30:27
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WOMEN

1	Jenna Challenor	KPMG RC	34:45
2	Shelley Young	Chiltern AC	38:38
3	Asta Kraus	Hillcrest Villagers	40:04

Veterans:

1	Shani Silver	Boxer RC	42:13
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Masters:

1	Norah Tembisile Mwelase	Ind	51:04
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G'masters:

1	Patricia Fisher	Stella AC	53:13
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G/g'masters:

1	Julie Young	Natal Carbineers AC	1:13:47
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Juniors:

1	Kayla Hinchliffe	Stella AC	57:58
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Old Mutual Om die Dam 50 km (28th), Half Marathon & 10 km

Hartebeespoort Dam, 17 March

(Distances: 50 km & 21.1 km; NEW hilly loop courses. Weather: Intermittent rain, windy. Finishers: 50 km – 2837 men + 888 women = 3725 total [up from 3678 last year]; half marathon – 806 men + 1208 women = 2068 total [up from 1984]; also 957 in the 10 km.)

50 km**MEN**

1. Marco Mambo (ZIM/Ned) 2:59:14
2. Collin Parura (ZIM/Ned) 3:00:41
3. Rofhiwa Mathidi (RRR) 3:01:16
4. Peter Medupe (Ned) 3:05:50
5. Admire Muzopambwa (ZIM/Asics) 3:05:57
6. Gift Mphahlele (Arcadia) 3:07:57

7. Musawenkosi Sibiyi (Centurion) 3:11:06
8. Eliya Mogoboya (Ned) 3:11:33
9. Khumbulani Zondo (Ned) 3:12:00
10. Phineas Mothoa (Amanzi) 3:13:36

Veterans: 1. Mambo (above) 2:59:14; 2. Medupe (above) 3:05:50; 3. Zondo (above) 3:12:00. **Masters:** 1. Thabo Hlako (Kempton) 3:43:03; 2. Max Makamu (CR) 3:43:37; 3. Ramoroa Molose (Vital) 3:47:12. **G'masters:** 1. Marius Carstens (Vital) 4:25:00; 2. Theo Bohnen (Irene) 4:41:21; 3. Johan Nel (Irene) 4:46:59. **G/g'masters:** 1. John Mngadi (Rainbow) 5:41:50; 2. Peter Rolland (Sunning) 5:43:15; 3. Wallie Weder (Agape) 6:06:26.

WOMEN

1. Salome Cooper (B2R) 3:39:48
2. Cobie Smith (Vital) 3:50:22
3. Lesley Train (KPMG) 3:55:32
4. Clara Betton (Sunning) 4:01:04
5. Danka Erasmus (KPMG) 4:03:25
6. Jeannie Jordaan (PFMA) 4:04:09
7. Melinda Jansen van Vuuren (BN) 4:05:58
8. Kerryn Armstrong (KPMG) 4:08:16
9. Lesego Hlako (KPMG) 4:08:22
10. Carol Smith (Ind) 4:10:11
- ... 12. Lindsay van Aswegen (Kempton) 4:12:09
- ... 14. Julianie Basson (B2R) 4:15:50

Veterans: 1. Cooper (above) 3:39:48; 2. Train (above) 3:55:32; 3. Betton (above) 4:01:04. **Masters:** 1. Elmarie Pretorius (RWFL Rust) 4:23:29; 2. Karen Coomber (Centurion) 4:31:39; 3. Yvonne Laing (Greenstone) 4:35:08. **G'masters:** 1. Valerie Watson (NB) 4:41:56; 2. Makgoale Magwentshu (Ukhozi) 5:35:23. 3. Marie Venter (Phobians) 5:39:16.

Half marathon

MEN

1. Shadrack Hoff (ME) 1:11:49 (1st vet)
2. Kennedy Sekhuthe (RAC) 1:14:26
3. Pete Kotsede (Protea) 1:18:05

Veterans: 1. Shadrack Hoff (ME) 1:11:49; 2. Mbemgemi Masala (JQ) 1:19:45. **Masters:** 1. Dan Mothibe (Ned) 1:25:38; 2. Linda Maphanga (Ind) 1:25:46. **G'masters:** 1. Anton Reynders (Kempton) 1:53:42. **G/g'masters:** 1. Peter Firman (GRRR) 1:53:45.

WOMEN

1. Charné Bosman (Ned) 1:23:02 (1st vet)
2. Mary Khourie (KPMG) 1:25:16
3. Catherine Skosana (B2R) 1:27:34

Veterans: 1. Charné Bosman (Ned) 1:23:02; 2. Lizzy Dhiwayo (RWFL Rust) 1:33:09. **Masters:** 1. Natalie Sanders (Four) 1:52:20; 2. Kholiwe Khoza (Ulinda) 1:54:49. **G'masters:** 1. Sharon McLintock (Four) 1:49:14. **G/g'masters:** 1. Elsa Meyer (Irene) 2:23:42. **80+:** 1. Deirdre Larkin (Rand) 2:28:11.

10 km

MEN

1. Desmond Mokgobu (Olifants) 32:41
2. Itumeleng Phala (RWFL Rust) 33:05
3. Prince Mcabelo (AMPA) 35:12

WOMEN

1. Roné Reyneke (RWFL Rust) 40:17
2. Charlene Archer (Fit Pta) 44:29
3. Donna Taylor (KPMG) 47:51

Lake Farm Centre 10 km (34th)

Port Elizabeth, 17 March

(Hilly loop course. Finishers: 288 [down from 352 last year].)

MEN

1	Amos	Nyongo	Motherwell AC	31	31:07
2	Adriaan	Gerwel	Ikhamba AC	21	33:19
3	Vuyolwethu	Selana	SAPS AC EP	22	33:43
4	Sinethemba	Mirele	SAPS AC EP	20	34:31
5	Luvuyo	Stephen (1st vet)	Nedbank RC	47	38:46

Veterans:

1	Luvuyo	Stephen	Nedbank RC	47	38:46
2	Thembekile	Msipa	Charlo AC	43	38:51
3	Craig	Williams	Body Concept	40	39:53

Masters:

1	Kenneth	Menze	Bluewater Bay	56	40:20
2	Disqualified		Profiles AC	52	46:23
3	Bafumane	Nyanga	Ikhamba AC	57	48:03

G'masters:

1	Hannes	Els	Madiba BW	68	45:45
2	At	Schoeman	Nedbank RC	61	49:18
3	Sam	Erasmus	Nedbank RC	60	51:36

G/g'masters:

1	Hansie	Els	Somerset East	70	48:41
2	Syd	Lippstreu	Crusaders AC	70	52:09
3	Trevor	Ashworth	Temp	79	59:40

Juniors:

1	Dylan	Miggels	Nedbank RC	14	39:52
2	Ayabulela	Sonjica	Temp	16	44:43
3	Hlumelo	Mpathi	Temp	16	47:15

WOMEN

1	Siphokazi	Nojoko	Motherwell AC	23	42:18
2	Theresa	Buchner	Nedbank RC	32	47:32
3	Olwethu	Bomvana	Motherwell AC	31	48:16
4	Bianca	Van Eck	Temp	32	48:50
5	Lindie	Stander	Despatch AC	33	49:15

Veterans:

1	Carol	Booyesen	Muirite Strider	49	52:46
2	Yvette	Jonker	Despatch AC	45	59:37
3	Adele	Janse van Rensburg	Despatch AC	47	1:01:22

Masters:

1	Treloar	Childs	Infinity AC	54	59:55
2	Susan	Alcock	Madiba BW	52	1:01:58
3	Miemsie	Swanepoel	Elite AC	56	1:02:55

G'masters:

1	Helene	Oppel	Elite AC	68	1:04:15
2	Jos	Els	Madiba BW	65	1:11:51
3	Jeanette	Pienaar	PEAAC	69	1:13:48

G/g'masters:

1	Ronelle	Steyn	Nedbank RC	74	1:05:03
2	Christine	Fourie	Elite AC	71	1:12:41
3	Isabella	Childs	Infinity AC	76	1:16:39

Juniors:

1	Lauren	Alcock	Madiba BW	17	52:11
2	Kyra	Evans	Crusaders AC	16	1:14:11

Cabbage Patch 15 km

Komga, 10 March

(Trail run. Finishers: 373, including walkers.)

MEN

1. Lukhango Ngxoko 50:08
2. Yanga Manlosi 53:58
3. Bulelani Mgubo 54:36

WOMEN

1. Andrea Ranger 60:13
2. Doerte Reinke 80:04
3. Daniella Grams 81:09

TRACK**South African Track & Field Championships (111th)**

Pretoria, 15-17 March

MEN**800 (17):**

1	TSHITE, Tshepo	Central North West	1:46.04 PB
2	VAN RENSBURG, Rynardt	Free State	1:46.67
3	NCAMANE, Jabulane	Gauteng North	1:47.29
4	EHLERS, Theuns	Gauteng North	1:48.60
5	MOHLOSI, Kabelo	North West North	1:49.04
6	FARO, Duran	Western Province	1:49.12
7	MADIMA, Themba	Gauteng North	1:49.63
8	NDIMANDE, Nthuthuko	Central Gauteng	1:56.63

Prelims (16): Mohlosi 1sf1, 1:46.20 PB; Ehlers 2sf1, 1:47.16 PB; Van Rensburg 1sf2, 1:49.35.

1500 (16):

1	SIBIYA, Nkosinathi	Kwazulu-Natal	3:45.08
2	MOTSAU, Jerry	Central North West	3:45.94
3	MOKOPANE, Rantso	Central North West	3:46.22
4	HLASELO, Dumisani	Central Gauteng	3:46.52
5	KUSCHKE, George	Gauteng North	3:46.58
6	SEHOHLE, Folavio	Mpumalanga	3:47.67
7	BREDENKAMP, Jonathan	Gauteng North	3:50.72
8	DERISON, Treasure	Free State	3:51.02
9	MTHIMKULU, Sikhalo	Gauteng North	3:52.18
10	MAKANE, Henry	Central Gauteng	3:53.49
11	SWART, Christopher	Gauteng North	3:53.77
12	RATSELA, Thoriso	Central Gauteng	3:55.87

3000 s/chase (16):

1	MOKOPANE, Rantso	Central North West	8:51.23
2	MONNATLALA, Tumisang	Central Gauteng	8:59.48
3	LEKOPA, Dikotsi	Central North West	9:03.93
4	MAFA, Thabang	Central Gauteng	9:05.66
5	MOKONYAMA, Simon	Gauteng North	9:15.28
6	RAMOHOTSI, Siphon	Free State	9:25.13
7	KHUBHEKA, Sibusiso	Central Gauteng	9:25.45
8	SEBOLA, Onkabetse	Central Gauteng	9:27.07
9	KEKANA, Thato	Gauteng North	9:33.03
10	NGUBO, Sive	Gauteng North	9:36.94
11	SOLDAKA, Siboniso	Western Province	9:38.86
12	BEUKES, Caleb	Central Gauteng	9:49.01
13	MOTAUNG, Mpho	Gauteng North	9:54.91

5000 (17):

1	MOTSAU, Jerry	Central North West	14:14.07
2	MZAZI, Sibabalwe Gladwin	Central Gauteng	14:17.21
3	BUCARIZZA, Marko	Central Gauteng	14:18.15
4	MAGWAI, Reghen	Gauteng North	14:34.85
5	TIMOTEUS, Anthony	Western Province	14:36.45
6	MMONE, Joel	Central North West	14:39.13
7	SIBEKO, Simon	Central Gauteng	14:44.03
8	CHIDI, Phenyon	Central Gauteng	14:44.28
9	KHONCO, Thamsanqa	Central Gauteng	14:44.64
10	MASINA, Thabo	Central Gauteng	14:49.83
11	BREDENKAMP, Jonathan	Gauteng North	14:51.28
12	MBANJWA, Siphon	Kwazulu-Natal	14:56.38
13	KHUPHISO, Zuko	Transkei	14:56.78
14	KEKANA, Thato	Gauteng North	14:59.77
15	SMITH, Ashley	Western Province	15:00.94
16	PHELEU, Sello	Central Gauteng	15:03.84
17	MOTAUNG, Mpho	Gauteng North	15:04.84
18	MATHIPA, Phillimon	Central Gauteng	15:10.16
19	TSHOKOTSHA, Sive	Border	15:10.34
20	BOOYSEN, Angelo	Boland	15:18.91
21	MALUSI, Yanga	Transkei	15:23.24
22	ZWANE, Bonginkosi	Kwazulu-Natal	15:29.53

10000 (15):

1	MOKOKA, Stephen	Gauteng North	29:34.56
2	MZAZI, Sibabalwe Gladwin	Central Gauteng	29:40.64
3	MAGWAI, Reghen	Gauteng North	29:47.90
4	MATSEPE, Samuel	North West North	30:13.32
5	MOFOKENG, Puseletso	Central North West	30:19.67
6	MOHLOMI, Sphiwe	Central Gauteng	30:26.45
7	MOSHWETSI, Ntekele	North West North Ind	30:35.62
8	MELAMU, Kabelo	Central Gauteng	30:42.08
9	SESIKO, Itumeleng	Central Gauteng	31:22.85
10	MALEPE, Malepe	Central Gauteng	31:31.05
11	VAN DER MERWE, Dylan	Central Gauteng	31:41.80

WOMEN

800 (17):

1	SEMENYA, Caster	Gauteng North	1:57.80
2	LOFSTRAND, Gena	Kwazulu-Natal	2:05.82
3	BLAKE, Lee-Anne	Gauteng North	2:07.73

4	KELLERMAN, Liza	Central Gauteng	2:08.27
5	MARAIS, Danette	Gauteng North	2:09.28
6	BOON, Rhode	Vaal Triangle	2:09.73

Prelims (16): Semenya 1h1, 1:58.92

1500 (16):

1	SEMENYA, Caster	Gauteng North	4:10.68
2	CLOETE, Thineke	Boland	4:23.89
3	ROELOFSE, Lyndi	Central Gauteng	4:28.13
4	MKHIZE, Happiness	Kwazulu-Natal	4:34.89
5	MASHAMAITE, Dipuo	Central Gauteng Ind	4:36.60
6	VILAKAZI, Thobile	Central Gauteng	4:37.68
7	SHANGE, Yandiswa	Boland	4:38.28
8	DU PLESSIS, Danèl	Central North West	4:38.73
9	MARITZ, Liza	Gauteng North	4:43.38
10	REDELINGHUYS, Michelle	Gauteng North	4:44.78
11	DEMPSTER, Megan	Central Gauteng Ind	4:46.03
12	RAMELA, Lebogang	Central Gauteng	4:46.82
13	OELOFSE, Vicky	Eastern Province	4:47.74
14	BEZUIDENHOUT, Antoinette	Central Gauteng	4:58.76

3000 s/chase (16):

1	SIMS, Cherise	Border	10:41.14 PB
2	ORROCK, Lara	Free State	10:58.07 PB
3	SETHLAKGOE, Tshegofatso	Gauteng North	11:08.54
4	MAKGOGA, Lethabo	Central Gauteng	11:33.00
5	MARUPING, Tshwanello	Central Gauteng	12:29.32

5000 (15):

1	SCOTT, Dominique	Western Province	16:55.05
2	VAN GRAAN, Kyla	Western Province	17:15.70
3	SHANGE, Yandiswa	Boland	17:40.69
4	MPSHE, Lesego	Gauteng North	17:49.33
5	MKHIZE, Thobile	Kwazulu-Natal	17:56.54
6	ETSEBETH, Hanli	Central North West	18:31.06
7	BATJI, Makoma	Central Gauteng	18:44.05

10000 (17):

1	SIMS, Cherise	Border	35:55.83 PB
2	MPSHE, Lesego	Gauteng North	36:32.08 PB
3	JOUBERT, Cornelia	Central Gauteng	37:01.06
4	COETZEE, Louzanne (T12)	Free State	37:07.12
5	ETSEBETH, Hanli	Central North West	37:33.23
6	NJUNGUZA, Andisiwe	Kwazulu-Natal	37:52.47
7	MJOLI, Nwabisa	Kwazulu-Natal	38:36.09
8	MKHIZE, Bathobile	Kwazulu-Natal	38:38.31
9	BABILI, Lizzy	Central Gauteng	39:24.27
10	MOKHELTA, Khutso	Central Gauteng	39:26.30
11	MABUZA, Mpho	Central Gauteng	39:32.51
12	NTSHANGASE, Nokuthla	Kwazulu-Natal	39:38.58
13	SWANEPOEL, Maryna	Free State	40:43.79

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

Seoul International Marathon (55th running as a marathon)

(IAAF Gold Label Road Race)

Seoul, KOR, 18 March

(Distance: 42.195 km; IAAF-certified course)

MEN (gun times)

1. Wilson Loyanae Erupe, KEN 2:06:57
2. Mark Korir, KEN 2:07:03
3. Benson Kipruto, KEN 2:07:11
4. Marius Kimutai, KEN 2:07:45
5. Filex Kipchirchir Kiprotich, KEN 2:07:57

WOMEN (gun times)

1. Damte Hirut, ETH 2:24:08
2. Margaret Agai, KEN 2:24:30
3. Monica Jepkoech, KEN 2:24:31
4. Mulu Seboka, ETH 2:25:01
5. Kim Do-Yeon, KOR 2:25:41
- ... 15. Dominika Stelmach, POL 2:37:09 (entered for Two Oceans)

United Airlines NYC Half Marathon (13th)

Grand Army Plaza in Brooklyn to Central Park in Manhattan, New York, USA, 18 March
(Distance: NEW 21.1 km, certified, point-to-point course with 1.18 m/km elevation GAIN and 56.3% start/finish separation [not record-eligible])

MEN (gun times)

1. Ben True, 32, USA 1:02:39 CR/PB \$20,000
[15:31 / 30:21 / 45:13 / 59:40]
2. Dathan Ritzenhein, 35, USA 1:02:42 10,000
3. Chris Thompson, 36, GBR 1:02:43 5,500
4. Teshome Mekonen, 22, ETH 1:02:44 3,500 + 1,500n
5. Scott Fauble, 26, USA 1:02:58 PB 2,000

ALL-WOMEN'S ELITE RACE (gun times)

1. Buze Diriba, 24, ETH 1:12:23 CR \$20,000
[18:11 / 35:31 / 52:40 / 1:09:03]
2. Emily Sisson, 26, USA 1:12:24 10,000
3. Karoline Bjerkeli Grøvdal, 27, NOR 1:12:43 5,500
4. Mamitu Daska, 34, ETH 1:12:50 3,500
5. Serena Burla, 35, USA 1:13:15 2,000
6. Askale Merachi, 31, ETH 1:13:29 1,500 + 1,500n
7. Betsy Saina, 29, KEN 1:13:31 1,000
8. Desiree Linden, 34, USA 1:13:33 500
9. Madai Perez, 38, MEX 1:13:40 350
10. Caroline Rotich, 33, KEN 1:13:38 300
- Vivian Cheruiyot, 34, KEN DNF (last split 55:21 at 15-K)

Matsue Women's Half Marathon (38th)
 (20th University Women Half-marathon Championships)
 Matsue, JPN, 18 March
 (Distances: 21.1 km)

WOMEN (gun times/all Japanese)

1. Tomomi Tanaka 1:11:39
[33:49 - 50:48 - 1:08:02]
2. Yuri Nozoe 1:11:45
[33:49 - 50:48 - 1:08:03]
3. Hitomi Mizuguchi 1:12:34
4. Shiori Morita 1:12:38
5. Hikaru Sudo 1:12:41
6. Ayaka Ogumi 1:12:43
7. Moeno Shimizu 1:12:45
8. Reno Okura 1:12:47
9. Nao Isaka 1:13:17
10. Chisato Nagai 1:13:40

10 Km Villa de Laredo (16th)

Laredo, ESP, 17 March
 (Record standard course with no net elevation change and very small [117m] start/finish separation)

MEN (gun times)

1. Amdework Walelegn, ETH, NIKE 27:36 WL/PB
2. Antonio Abadia, ESP, NIKE RUNNING 27:47 NR
3. Timothy Kiplagat Ronoh, KEN, NIKE 27:51 PB
4. Peter Langat Cheptot, KEN, ADIDAS 27:51 PB

WOMEN (gun times)

1. Mary Waithira Munamu, KEN, NIKE 31:47
2. Zulema Fuentes-Pila (40+), ESP, ATL SANTUTXU 33:24
3. Hannah Viner, GBR, HIGHGATE HAARRIERS 34:17

Zurich Marató de Barcelona (40th)

(IAAF Bronze Label Road Race)
 Barcelona, ESP, 11 March
 (Distance: 42.195 km)

MEN (gun times)

1. Anthony Maritim, KEN 2:08:08 PB
2. Silas Too, KEN 2:08:26 PB
3. Hillary Kipsambu, KEN 2:08:53

WOMEN (gun times)

1. Ruth Chebitok, KEN 2:25:49 DB
2. Belaynesh Tsegaye Beyene, ETH 2:27:08
3. Worknesh Alemu, ETH 2:28:19

Podium 5 km

Barrowford, GBR, 10 March
(Certified loop course)

"A" Race (gun times):

MEN

1. Mohammad Abu-Rezeq, Altrincham & Dist. AC, 14:24
2. Rob Samuel, Eryri Harriers, 14:40
3. Tom Lancashire, Bolton United Harriers, 14:43

WOMEN

1. Laura Weightman, Morpeth Harriers & AC, 15:25 PB
2. Kate Avery, Shildon Running & AC, 15:52 PB
3. Stevie Stockton, Leeds City AC, 16:00

Aloha Zane Branson Memorial 15 km (6th)

Nakuru-Sigor Road, Kabarak, KEN, 27 February
(High altitude net uphill course starting at 1584 m and ending at 1694 m)

MEN

1. Stephen KIPROP (KEN) 1999 43:59
2. Ambrose BORE (KEN) 1995 44:06
3. Edmond KIPNGETICH (KEN) 1994 44:29

WOMEN

1. Antonina KWAMBAI (KEN) 1992 52:18
2. Tecla KIRONGO (KEN) 1993 52:20
3. Peninah KANDIE (KEN) 1992 52:24

CROSS-COUNTRY**CAA African Cross-country Championships (5th)**

Chlef, ALG, 17 March

Note: Unfortunately more South African results were not available. -- Ed.

SR. MEN (10 km):

Teams: 1. KEN, 15 points; 2. UGA, 30; 3. ERI, 50; 4. ETH, 67; 5. ALG, 83; 6. **RSA**, 92;
7. EGY, 137...

1. Alfred Barkach, KEN 30:47 Gold
2. Julius Kogo, KEN 30:47 Silver
3. Thomas Ayeko, UGA 30:47 Bronze
4. Enyew Mekonnen Alem, ETH 31:01
5. Emmanuel Bor, KEN 31:14
- ... 17. David Manja, **RSA** 31:56

JR. MEN (8 km):

Teams: 1. KEN, 16 points; 2. ETH, 22; 3. ERI, 68; 4. UGA, 70; 5. MAR, 90; 6. **RSA**, 105;
7. ALG, 127.

1. Rhonex Kipruto, KEN 25:01 Gold
2. Stanley Waithaka, KEN 25:06 Silver
3. Solomon Berihu Weldeselassie, ETH 25:08 Bronze

SR. WOMEN (10 km):

Teams: 1. KEN, 13 points; 2. ETH, 32; 3. UGA, 89; 4. ALG 80.

1. Celliphine Chespol, KEN	35:10	Gold
2. Margaret Chelimo, KEN	35:13	Silver
3. Yeshi Kalayy Chekole, ETH	35:26	Bronze
4. Stacy Ndiwa, KEN	35:27	
5. Stella Chesang, UGA	35:30	
... 16. Kesa Molotsane, RSA	37:38	
... 20. Glenrose Xaba, RSA	39:04	

JR. WOMEN (6 km):

Teams: 1. KEN, 18 points; 2. ETH, 19; 3. UGA, 72; 4. ERI, 73; 5. RSA, 90; 6. MAR, 95; 7. ALG, 126.

1. Girmawit Gebregziabher Gebru, ETH	19:44	Gold
2. Tsige Gebreselama Gebrerufal, ETH	19:58	Silver
3. Hellen Ekalale, KEN	19:59	Bronze

INDOOR TRACK**Armory NYC Indoor Marathon (3rd)**

(Presented By New York Road Runners)

Armory Track & Field Center, New York, USA, 18 March

(Distance: 42.195 km on 200m banked Mondo track [211 laps])

MEN (gun times)

1. Malcolm Richards, USA	2:19:02	WR*	\$3000 + 4000*
2. Nick Edinger, USA	2:22:07		2000
3. Brian Harvey, USA	2:22:19		1000

*) ARRS world record bonus

WOMEN (gun times)

1. Lindsey Scherf, USA	2:40:56	WR*	\$3000 + 4000* (entered for Two Oceans)
2. Catriona Jennings, IRL	2:53:12		2000

*) ARRS world record bonus

NCAA Division II Indoor Championships

Pittsburgh, USA, 9-10 March

(Oversized 300 m unbanked track)

MEN

800 (10):

1. Thomas Staines (GBR), SO-2, CSU-Pueblo	1:47.23
2. Decano Cronin (IRL), SR-4, Fort Hays St.	1:48.89
3. Robert Downs, JR-3, TAMU-Kingsville	1:49.62

Mile (10):

1. Dustin Nading, JR-3, Western Oregon	4:13.30
2. Brett Meyer, JR-3, Fort Hays St.	4:13.66
3. George Kelly, SR-4, Adams State	4:13.71

3000 (10):

1. Sydney Gidabuday, JR-3, Adams State 8:01.26
2. Nehemia Too (KEN), FR-1, Harding 8:01.34
3. David Ribich, SR-4, Western Oregon 8:01.55

5000 (9):

1. Sydney Gidabuday, JR-3, Adams State 13:56.99
2. James Ngandu (KEN), SR-4, Tiffin 14:00.29
3. Enael Woldemichael, FR-1, Grand Valley St. 14:10.89

WOMEN

800 (10):

1. Danielle McCormick, JR-3, Alaska Anchorage 2:07.79
2. Rachael Walters, JR-3, Grand Valley St. 2:08.13
3. Skylyn Webb, JR-3, UC-Colo. Spgs. 2:08.77

Mile (10):

1. Alicja Konieczek (POL), SR-4, Western State 4:48.33
2. Roisin Flanagan (GBR), JR-3, Adams State 4:49.05
3. Sarah Berger, SR-4, Walsh 4:49.24

3000 (10):

1. Alicja Konieczek (POL), SR-4, Western State 9:29.39
2. Alexis Zeis, SR-4, U-Mary 9:30.05
3. Aneta Konieczek (POL), FR-1, Western State 9:30.19

5000 (9):

1. Alexis Zeis, SR-4, U-Mary 16:23.54
2. Eileen Stressling, JR-3, Azusa Pacific 16:26.46
3. Malena Grover, JR-3, Adams State 16:27.06

STATS TIME

This week we include a list of the top ten SA men in the 5000 metres for 2017.

2017 5000 M: TOP 10 MEN

13:52.13	Jeromy Andreas	1	Cape Town	29 Apr
14:03.84	Thabang Mosiako	1	Potchefstroom	21 Apr
14:05.04	Rantso Mokopane	2	Cape Town	29 Apr
14:05.59	Elroy Gelant	2	Potchefstroom	21 Apr
14:05.73	Milton Kekana	3	Cape Town	29 Apr
14:07.11	Collen Mulaudzi	4	Cape Town	29 Apr
14:09.55	Stephen Mokoka	3	Potchefstroom	21 Apr
14:12.13	Siboniso Soldaka	1	Lier	05 Aug
14:12.72	Nadeel Wildschutt	1	Parow	18 Mar
14:13.86	Anthony Timoteus	2	Parow	18 Mar

THIS MONTH IN HISTORY**45 years ago: 10 March 1973**

Only one South African record in the women's 3000 metres has ever been set in March. It was on this day in Port Elizabeth that Sonja van Zyl came up with a phenomenal performance when she covered the distance in 9:28.0 to break her own previous mark, set on the same track about three weeks before, by 15.5 seconds -- to this day the biggest

improvement ever of a national record for 3000 m. Van Zyl, these days still active as Sonja Laxton, beat her nearest rival by considerably more than a minute. The time placed her 31st on the world list for the year. In the next six years she would take the record down to 9:06.5 and in 1980 improved to 8:58.90 -- a time still good enough for seventh on the SA all-time list.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

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	29:43 26:44	Sibabalwe Gladwin Mzazi Leonard Patrick Komon (KEN) 2010	Sasolburg	03 Feb
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
21.1 km	41:13 65:49 65:05A	Leonard Patrick Komon (KEN) 2010 Sibusiso Nzima Sibusiso Madikizela	Pretoria Simon's Town	20 Jan 18 Feb
25 km	58:23 81:02A	Zersenay Tadese (ERI) 2010 Mhlakwana Nkoshona	Pinetown	28 Jan
30 km	71:18 1:38:53	Dennis Kipruto Kimetto (KEN) Nkosinathi Madyo	Uitenhage	03 Mar
Marathon	87:13** 87:13** 2:09:31 2:02:57	Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016 Desmond Mokgobu Dennis Kimetto (KEN) 2014	Oita	04 Feb
100 km	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	32:30 27:48	Vakalisa Kopolo Bernard Lagat (USA) 2015	Tokai	03 Feb
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	71:28 61:09	Shadrack Hoff Haile Gebrselassie (ETH) 2013	Pretoria	27 Jan
25 km	76:49	Martin Mondragon (MEX) 1994		
30 km	1:43:15 1:41:42A	Mzwanele Maphekula Mthandazo Qhina	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	89:45 2:26:31 2:08:38	Mark Kiptoo Kosgei (KEN) 2016 Graham Malinga Kenneth Mungara (KEN) 2016	Pretoria	25 Feb
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:00	Tobias Philander	Athlone	10 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:18	Desmond Zibi	Port Elizabeth	27 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	79:21	John September	Tokai	03 Feb
	76:32A	Makhaya Masumpa	East London	11 Feb
	66:23	Titus Mamabolo (RSA) 1991		
25 km	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:54:26	Makaya Masumpa	Uitenhage	03 Mar
	1:46:33	Norman Green (USA) 1988		
Marathon	2:46:22	Lindile Tokota	Hartenbos	03 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	58:07	Mochamat Kriel	Constantia	10 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	85:57	David Maphangolo	Pretoria	17 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:18:26	Alan Taylor	Uitenhage	03 Mar
	2:11:11A	Mochamat Kriel	Camps Bay	14 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:16:33	Marius Carstens	Benoni	28 Jan
	2:59:27A	Kosie Botha	Simon's Town	18 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km	7:53:43	Bernd Juckel (GER) 2012		

Great grandmasters (70+)

10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	67:11	Jimmy Morris	Constantia	10 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	1:43:48	Tamsanqa Jusayi	Port Elizabeth	03 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:46:46	Tamsanqa Jusayi	Uitenhage	03 Mar
	2:34:20A	Brian Key	Camps Bay	14 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:55:49	Pele Tshikundamalema	Sasolburg	03 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		

Juniors

10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	49:33	Thembeke Mendu	Constantia	10 Mar
	42:17	Ayele Abshiro Biza (ETH) 2008		

21.1 km	1:17:31 59:16	Themba Chauke Samuel Wanjiru (KEN) 2005	Pretoria	27 Jan
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WOMENOpen

10 km	34:09 29:43 Mx 30:29 Wo	Nolene Conrad Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Goodwood	03 Mar
15 km	56:30	Anel Terblanche	Constantia	10 Mar
21.1 km	45:37 Mx 46:59** Wo 77:55 73:05A	Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007 Jenna Challenor Nolene Conrad	Pietermaritzburg Simon's Town	25 Feb 18 Feb
25 km	64:51p Mx 64:52 Mx 66:25 Wo 1:40:40A 79:53 Mx 82:47 Wo	Joycilene Jepkosgei (KEN) 2017 Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007 Makhosi Mhlongo Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pinetown	28 Jan
30 km	2:00:03 2:00:24A 1:38:49 Mx 1:38:42p Mx 1:36:05 Wo	Ntombesintu Mfunzi Tanith Maxwell (vet) Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016 Mary Keitany (KEN) 2017	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:50:57 2:15:25 Mx 2:17:01 Wo	Charné Bosman (vet) Paula Radcliffe (GBR) 2003 Mary Keitany (KEN) 2017	Pretoria	17 Feb
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:15 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Cape Town	07 Mar
15 km	58:02 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	06 Jan
21.1 km	82:11 79:44A 69:37	Charné Bosman Tanith Maxwell Deena Kastor (USA) 2014	Pretoria Simon's Town	20 Jan 18 Feb
25 km	1:46:03A 85:15	Lisa Collett Colleen de Reuck (USA) 2005	Pinetown	28 Jan
30 km	2:05:14 2:00:24A 1:49:40	Bulelwa Simae Tanith Maxwell Yoshimi Hoshino (JPN) 2007	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:50:57 2:23:31	Charné Bosman (vet) Lydia Cheromei (KEN) 2017	Pretoria	17 Feb
100 km	7:20:22	Maria Auxiliadora (BRA) 1998		

Masters (50+)

10 km	41:18 34:14	Sandra Kohnert Linda Somers (USA) 2011	Athlone	10 Feb
15 km	63:46 52:38	Suzanne Marais Monica Joyce (USA) 2009	Constantia	10 Mar
21.1 km	93:04 92:19A 75:18	Judy Bird Sandra Kohnert Linda Somers (USA) 2011	Bedfordview Simon's Town	14 Jan 18 Feb

25 km	2:07:49A 96:58	Roshini Natasen Colleen de Reuck (USA) 2016	Pinetown	28 Jan
30 km	2:20:14 1:56:43	Christine Claasen Colleen de Reuck (USA) 2016	Uitenhage	03 Mar
Marathon	3:23:52 2:31:05	Maya Lawrie Tatyana Pozdniakova (UKR) 2005	Pietermaritzburg	25 Feb
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:43 38:56	Nancy Will Lidia Zentner (GER) 2015	Athlone	10 Feb
15 km	69:28 61:25	Hanlie van der Westhuizen Kathryn Martin (USA) 2011	Despatch	24 Feb
21.1 km	99:45 84:56	Hanlie van der Westhuizen Bernadine Portenski (NZL) 2010	Port Elizabeth	03 Feb
25 km	2:22:03A 1:50:50	Sylvia Burton Edie Stevenson (USA) 2011	Pinetown	28 Jan
30 km	2:31:23 2:29:01A 2:15:30	Hanlie van der Westhuizen Nancy Will Kathryn Martin (USA) 2012	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	3:37:54 3:26:19A 3:12:57	Nancy Will Nancy Will Emmi Luthi (SUI) 2009	Fish Hoek Simon's Town	27 Jan 18 Feb
100 km	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:42 44:09	Marietha Herbet Lavinia Petrie (AUS) 2014	Athlone	10 Feb
15 km	85:25 72:52	Marietha Herbet Jo Klein (NED) 2004	Constantia	10 Mar
21.1 km	2:01:44 97:38	Marietha Herbet Lavinia Petrie (AUS) 2014	Tokai	03 Feb
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:36:03 2:58:52A 2:47:08	Liz Jenkerson Veronica van Niekerk Myra Rhodes (USA) 2002	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	4:50:46 4:37:20A 3:35:29	Willemien Smuts Marietha Herbet Helga Miketta (GER) 2013	Sasolburg Simon's Town	03 Feb 18 Feb
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	43:51 31:29	Razaan Kamaldien Karoline Bjerkeli Grovdal (NOR) 2009	Pinelands	24 Feb
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	1:43:14 67:57	Meghan van Deventer Abebu Gelan Adugna (ETH) 2009	Sasolburg	03 Feb

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