

Distance Running Results

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EDITORIAL

Caster Semenya's pioneering sub-4 1500 metres in Doha, where she won the first Diamond League event of the year in 3:59.92, was the big highlight of the past week. Showing no signs that she has been affected by the controversy swirling around her the past week or so, Semenya made it look exceedingly easy when she pulled away from her rivals in the last 100 m to record the year's fastest time and a new national record, breaking the 4:00.71 that she ran at the Commonwealth Games (which is the world's second fastest time of 2018). Semenya also leads the world in the 800 (1:56.68) and 1000 (2:35.43). (Another barrier was shattered in the 100 m in Doha, where Carina Horn became the first SA woman under 11 seconds with her 10.98.)



Caster Semenya crosses the finish line in Doha in a new South African record of 3:59.92. [Hasse Sjogren]

On the road, Galen Rupp, winner of last year's Chicago Marathon, smashed his PB by more than three minutes when he won the Volkswagen Prague Marathon in convincing fashion in 2:06:07. A few weeks ago, Rupp stopped after about 19 miles in the Boston Marathon, suffering from asthma and hypothermia, and afterwards decided to use his fitness in better weather in Prague. He succeeded admirably.

Two SA vets scored list leaders on the first day of May last week: William Mokwalakwala ran 2:26:17 in the 42nd MiWay Wally Hayward Marathon, and Tanith Maxwell 1:20:15 in the 31st Safari Half Marathon. On the weekend master Judy Bird (39:43) and junior Nicole Louw (36:04) got list leaders in the quick Spar Grand Prix 10 km in Port Elizabeth, in which the top ten dipped under 35 minutes (eight of them South Africans).

At the USC Open track meeting in Columbia, South Carolina, on 21 April the South African freshman at Coastal Carolina University, Adriaan Wildschutt, won the 3000 m in 8:17.72.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * UCT Memorial 10 km, Rondebosch
- * Checkout Challenge Half Marathon & 10 km, Durban
- * Spar Grand Prix Series 10 km, Port Elizabeth
- * MiWay Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- * Safari Half Marathon & 10 km, Wellington
- * Hibiscus Coast Challenge, Uvongo
- * Avis Run 2 Raise 10 km, George
- * GateRite Challenge Marathon, Half Marathon & 10 km, Verulam
- * Tronox Marathon & Half Marathon, Empangeni
- * Outeniqua Marathon, Half Marathon & 10 km, George to Wilderness
- * Track: CAA Southern Region Junior & Youth Championships, Boksburg

International highlights:

- * Volkswagen Prague Marathon, Praha, CZE
 - * Dick's Sporting Goods Pittsburgh Half Marathon, Pittsburgh, USA
 - * Würzburger Residenzlauf, Würzburg, GER
 - * Get in Gear 10 km, Minneapolis, USA
 - * Kentucky Derby Festival Marathon & Mini Marathon, Louisville, USA
 - * EDP Media Maratón de Gijón "Villa de Jovellanos", Gijón, ESP
 - * Grand Blue Mile, Des Moines, USA
 - * Track: IAAF Diamond League, Doha, QAT; Payton Jordan Cardinal Invitational, Palo Alto, USA; Drake Relays, Des Moines, USA
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ROAD RUNNING

UCT Memorial 10 km (37th)

Rondebosch, 6 May

(Certified hilly loop course. Finishers: 1728 [up from 1591 last year].)

MEN

1. Siviwe Nkombi (Ned) 31:22 (R1000)
2. Duane Philander (UWC) 31:27 (R750)
3. Sibusiso Madikizela (AAC) 31:41 (R500)
4. Unathi Nteta (MSA) 31:47 (R250)
5. Mthandazo Qhina (Ned) 32:07 (1st vet) (R100)

(All age category prize money was the same: R300, R200, R100.)

Veterans: 1. Mthandazo Qhina (Ned) 32:07; 2. Tsungai Mwanengeni (ZIM/Gugs) 33:34; 3. Vuyani Sixaso (Gugs) 34:22. **Masters:** 1. John September (Itheke) 38:23; 2. Monde Tutani (Langa) 39:57; 3. Isaac Manuel (Edge) 40:15. **G'masters:** 1. Mochamat Kriel (Ommie) 39:40; 2. Robert Arnold (Top) 44:12; 3. Yusuf Kara (Itheke) 45:04. **G/g'masters:** 1. Jimmy Morris (Forest) 45:10; 2. Yusuf Gamielien (Itheke) 60:39; 3. Chris van Coller (VOB) 60:51. **Juniors:** 1. Edward Jack (Central) 33:50; 2. Zubenathi Ncapayi (Central) 35:29; 3. Mpongwana Yowela (Khay) 36:06.

WOMEN (Same prize money as men)

1. Nomvuyis Seti (Langa) 39:09
2. Anneline Roffey (Ned) 41:10
3. Amy Abrahams (Ned) 41:46
4. Madele du Plessis (Ned) 42:36
5. Busisiwe Matiwane (Ned) 43:01 (1st vet)

Veterans: 1. Busisiwe Matiwane (Ned) 43:01; 2. Coriaan de Villiers (Ned) 43:33; 3. Marlize Vienings (Edge) 44:35. **Masters:** 1. Mariëtte Strauss (Tyger) 44:35; 2. Renée Scott (VOB) 45:12; 3. Karen Jennings (VOB) 49:24. **G'masters:** 1. Bev Charters (VOB) 48:46; 2. Helen du Plessis (Brack) 57:28; 3. Helen Sutherland (VOB) 57:42. **G/g'masters:** 1. Pixie Sparg (Celtic) 58:39; 2. Marlene James (Pine) 64:54; 3. Jean Cammidge (FH) 72:50. **Juniors:** 1. Laila Abouzaid (Good) 44:09; 2. Charmaine Leung (UCT) 44:32; 3. Razaan Kamaldien (Carb) 46:29.

Checkout Challenge Half Marathon & 10 km

Durban, 6 May

(Distances: 21.1 km & 10 km. Finishers: half marathon – 553 [slightly up from 537 last year]; 10 km – 658 [up from 579].)

Note: 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 that the 10 km here is likely short. Using all six times available, the RTB figure is -6.07 sec/km, more than a second above the allowable -5 sec/km. These times can therefore not be used for statistical purposes. -- Ed.

Half marathon

MEN

1.	Nceigani Phungula	HWB AC	1:09:30
2.	Delanu Mkhize	Phantane AC	1:10:30
3.	Sipho Ngxongo	Stella AC	1:11:04

40-49:

1.	Wellington Ntengu	Ethekweni AC	1:16:50
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50-59:

1.	Robert Ngema	Ubuntu AC	1:23:42
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60+:

1.	Dereck Mahadoo	Shallcross AC	1:17:48
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WOMEN

1.	Xoli Madida	Natal Carb	1:32:18
2.	Nonsikelelo Mbambo	Natal Carb	1:34:07
3.	Robyn Greyling	Get Fit AC	1:35:02

40-49:

1.	Monique Galliers Ward	Riverside Harr	1:44:28
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50-59:

1.	Joanne Gibb	Ind	1:44:23
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60+:

1.	Jenny Scott	DCS	2:06:00
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10 km

MEN

1.	Sipho Mbanjwa	Boxer AC	29:27
2.	Ayanda Mngube	Ethekweni AC	29:34
3.	Bonginkosi Zwane	Boxer AC	30:10

WOMEN

1.	Jenet Mbhele	Umzimkhulu Strd	34:47
2.	Thobile Mkhize	Ind	36:15
3.	Janie Grundling	Boxer AC	36:20

Spar Grand Prix Series 10 km

(Women only)

Port Elizabeth, 5 May

(Certified loop course. Finishers: 975 [slightly down from 1005 last year].)

1	Kesa	Molotsane	KPMG	26	33:46
2	Glenrose	Xaba	Boxer	23	34:01
3	Patience	Murowe	ZIM/Ned	29	34:17
4	Rudo	Mhonderwa	ZIM/Ned	22	34:21
5	Zintle	Xiniwe	KPMG	31	34:23
6	Christine	Kalmer	KPMG	32	34:25
7	Lebogang	Phalula	Boxer	34	34:39
8	Cornelia	Joubert	Boxer	29	34:49
9	Ntombesintu	Mfunzi	Nedbank	36	34:54
10	Cherise	Sims	Boxer	24	34:59
11	Maria	Shai	Boxer	31	35:03
12	Lebo	Phalula	Boxer	34	35:51
13	Rutendo	Nyahora	ZIM/Ned	29	36:02
14	Nicole	Louw	KPMG	16	36:04
15	Anel	Terblanche	KPMG	31	36:04
16	Happiness	Mkhize	Temp	25	36:05
17	Stella	Marais	KPMG	25	36:11
18	Lyndi	Roelofse	Boxer	17	37:03
19	Makhosi	Mhlongo	Boxer	36	37:07
20	Anet	Coetzee	KPMG	29	37:10
21	René	Kalmer	KPMG	37	37:24
22	Bulelwa	Simae	Ned WP	41	37:29
23	Megan	Dempster	Born to Run	30	37:31
24	Nokuthula	Njshangase	Temp	25	37:50
25	Cindy	Schwulst	Born	27	38:25

Veterans:

1	Bulelwa	Simae	Ned WP	41	37:29
2	Janene	Carey	Boxer	46	39:41
3	Ronel	Thomas	Boxer	46	40:32

Masters:

1	Judy	Bird	KPMG	56	39:43
2	Christine	Claasen	Achilles AAA	53	42:57
3	Mariette	Hattingh	Nedbank	52	43:42

G'masters:

1	Margie	Saunders	Nedbank	64	42:38
2	Blanche	Moila	Temp	62	47:35
3	Renee	Hawkridge	Bluewater Bay	67	50:25

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	54:52
2	Ronelle	Steyn	Nedbank	74	60:54
3	Vicky	Ashley	Profiles	72	65:39

Juniors:

1	Nicole	Louw	KPMG	16	36:04
2	Lyndi	Roelfse	Boxer	17	37:03
3	Tara	Schwulst	Born To Run	18	39:58

MiWay Wally Hayward Marathon (42nd), Half Marathon & 10 km

Centurion, 1 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses, the marathon twice the half-marathon route. Weather: overcast, cool to warm. Finishers: marathon – 4224 [up from 3700 last year]; half marathon – 4045 [up from 3500]; 10 km – 2714 [slightly up from 2700].)

Note: Just ten days after finishing third, seventh and tenth respectively in the Forever Resorts Loskop 50 km, Jennifer Koech, Cobie Smith and Emmah Mathibela raced again here. Unfortunately not all club affiliations in the open categories of the marathon are available. -- Ed.

Marathon

MEN

1. Raphael Segodi (RRR) 2:21:58
2. Puleng Petrus Maeko (RRR) 2:22:15
3. William Mokwalakwala (MiWay) 2:26:17 (1st vet)
4. Richard Mavuso (CS) 2:26:18
5. Samuel Segoaba (B2R) 2:30:23
6. Thomas Ndlovu 2:32:17
7. Tebogo Lejaha (LES) 2:32:34
8. Pfarelo Mathada 2:34:34
9. Tshepo Mokoatsi 2:37:08
10. Willem Maphanga 2:38:36

Veterans: 1. William Mokwalakwala (MiWay) 2:26:17; 2. Richard Mavuso (CS) 2:26:18; 3. Bonginkosi Nuluhlazana (?) 2:43:42. **Masters:** 1. Joseph Ndlovu (ACE) 2:56:35; 2. Chelela Mbuyane (Open) 3:03:27; 3. Matthews Ramoshaba (Win) 3:09:26. **G'masters:** 1. Guy Nottingham (FFA) 3:39:59; 2. Werner Weideman (Rust) 3:55:16; 3. Johan Nel (Irene) 3:56:32. **G/g'masters:** 1. Neels Vermeulen (Coal) 4:47:40.

WOMEN

1. Jennifer Koech (KEN/Ned) 2:55:56
2. Cobie Smith (Vital) 3:02:29
3. Maria Vilakazi (FFA) 3:09:21 (1st vet)
4. Emmah Mnganiseni Mathibela (Ned) 3:10:41
5. Thandeka Makhathini (Ind) 3:11:42
6. Portia Nkosi 3:13:48
7. Sybille McCloghrie 3:14:35
8. Lesego Hlako 3:15:52
9. Catherine de Villiers 3:16:05
10. Leilani Scheffer 3:16:52

Veterans: 1. Maria Vilakazi (FFA) 3:09:21; 2. Clara Betton (Sunning) 3:21:33; 3. Lindsay van Aswegen (Kempton) 3:28:45. **Masters:** 1. Leonor Erwee (MiWay) 3:44:13; 2. Ansa Strydom (Ned) 3:53:54; 3. Connie Blom (Runav) 3:56:30. **G'masters:** 1. Martine Garrioch (Midrand) 4:34:28; 2. Gizelle Geyer (Phob) 4:40:26; 3. Jessica Maartens (Ned) 4:59:32.

Half marathon

MEN

1. Derocious Makhobalo (Bedford) 1:08:31
2. Kgosi Tsosane (Ned) 1:11:51
3. Noah Motimedi (FFA) 1:12:49
4. Mangoejane Abasiah Khama 1:12:52
5. Siganda Madhlala 1:13:01

Veterans: 1. Peter Medupe (Ned) 1:14:27; 2. Sello Maleka (Sunning) 1:17:17; 3. Elias Mabane (Farana) 1:17:19. **Masters:** 1. Nico Deerling (Prom) 1:25:48; 2. Ndaba Ndlovu (Carl) 1:29:12; 3. Lwazi Gazana (Sunbird) 1:29:27. **G'masters:** 1. James Nukeri (Ivory) 1:42:12; 2. Temba Ngcaku (ACE) 1:42:25; 3. Daniel Moeyi (Beef) 1:49:15. **G/g'masters:** 1. Johannes Mosehla (Polok) 1:50:35.

WOMEN

1. Megan Dempster (B2R) 1:26:57
 2. Michelle Cope (Ind) 1:27:46
 3. Deanne Horn (Ned) 1:30:02
 4. Mitsie van der Westhuizen (KPMG) 1:32:10 (1st vet)
 5. Len Muller 1:32:19

Veterans: 1. Mitsie van der Westhuizen (KPMG) 1:32:10; 2. Dana-Bianca van Zyl (?) 1:33:35; 3. Theresa Loots (KPMG) 1:36:55. **Masters:** 1. Ansie Breytenbach (Irene) 1:45:43; 2. Louise Goosen (Kempton) 1:49:55; 3. A.N. Other. **G'masters:** 1. Ilze Crous (Affies) 1:59:52; 2. Joey Cloete (Irene) 2:03:14; 3. Suzette Venter (Ned) 2:17:44. **G/g'masters:** 1. Petra Seidler (RAC) 2:31:06.

10 km

MEN

1. Sibabalwe Gladwin Mzazi (Boxer) 30:51
 2. Bafana Dube (Boot) 31:24
 3. Vuyisile Tshoba (KPMG) 32:13
 4. Asemahle Nkwali 33:01
 5. Katleho Monaheng 33:23

Veterans: 1. Ian MacDonald (RAC) 35:50; 2. Phillip Molefe (Rust) 36:12; 3. Andries Makhubela (Fara) 38:00. **Masters:** 1. Hermes Tluel (Ind) 36:56; 2. Herman Mulder (Hart) 39:17; 3. Coenie Calitz (Ind) 46:39. **G'masters:** 1. Jannie Buys (Bobbies) 47:43; 2. Tommy Breedt (Akasia) 53:08; 3. Colin Cope (Ind) 53:38. **G/g'masters:** 1. Charles Stewart (Phob) 65:20. **80+:** 1. Ken Nurden (Agape) 58:15.

WOMEN

1. Gerda Steyn (Ned) 35:35
 2. Noko Shogole (Ned) 37:45 (1st vet)
 3. Lesego Mpshe (TUT) 38:01 (1st jun)
 4. Grace Mahase 38:27
 5. Leshan Curlewis 38:45

Veterans: 1. Noko Shogole (Ned) 37:45; 2. Mirriam Mooki (CS) 44:55; 3. Patricia Forbes (Tuks) 48:17. **Masters:** 1. Zamekile Rasmeni (Eben) 44:48; 2. A.N. Other 47:46; 3. Viviane Lang (Ind) 48:43. **G'masters:** 1. Erica Geldenhuys (Amanzi) 50:32; 2. Milgs Sanby (Ind) 59:19; 3. Alta Weys (Brak) 63:38. **G/g'masters:** 1. P. van Rensburg (PMC) 62:53. **80+:** 1. Deirdre Larkin (Rand) 65:50.

Safari Half Marathon (31st) & 10 km

Wellington, 1 May

(Distances: 21.1 km & 10 km; the half marathon a hilly loop course, partly on gravel; the 10 km course configuration is unknown. Finishers: half marathon – 3793 [slightly up from 3748 last year]; 10 km – 2154 [four down from last year's 2158].)

Note: According to reports received by DRR, several athletes found the 10 km to be short according to their GPS watches, and using 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, this seems to

be confirmed -- in fact, the route seems to be far short of 10 km. Using fifteen time comparisons, the RTB factor is -7.88 sec/km, well over the maximum allowable figure of -5 sec/km. These times can therefore not be used for statistical purposes. The 10 km has also been found to be short in previous years, so remains under suspicion. -- Ed.

Half marathon

MEN

1. Sibusiso Madikizela (AAC) 1:06:37
2. Collen Mulaudzi (Boxer CGA) 1:06:51
3. Mbongeni Ngxazozo (Boxer AFS) 1:07:08
4. Danzil Pause (Sanlam) 1:08:14
5. Raydon Balie (Eerste) 1:08:26

Veterans: 1. Mthandazo Qhina (Ned) 1:12:14; 2. Tsungai Mwanengeni (ZIM/Gugs) 1:13:29; 3. Thembelani Zola (Ned) 1:21:31. **Masters:** 1. John September (Itheko) 1:22:11; 2. Stephen Motau (Itheko) 1:22:48; 3. Timothy Hess (Eerste) 1:24:24. **G'masters:** 1. Thomas Moses (Worc) 1:31:58; 2. Piet Smit (Swart) 1:33:57; 3. Errol Cunnama (Ned) 1:42:11. **G/g'masters:** 1. Blake Wilkins (AAC) 1:53:16; 2. Jacobus Koopman (Worc) 1:59:34; 3. Joseph Matthews (MS) 2:02:01. **Juniors:** 1. Christophai Booise (Swart) 1:14:26; 2. Gershon Aziza (SH) 1:15:26; 3. Harry van Niekerk (Well) 1:19:00.

WOMEN

1. Zintle Xiniwe (KPMG) 1:19:39
2. Tanith Maxwell (Boxer) 1:20:15 (1st vet)
3. Fortunate Chidzivo (ZIM/Ned) 1:21:08
4. Bulelwa Simae (Ned) 1:26:36
5. Jessica Pollock (UCT) 1:26:57

Veterans: 1. Tanith Maxwell (Boxer) 1:20:15; 2. Bulelwa Simae (Ned) 1:26:36; 3. Busisiwe Matiwane (Ned) 1:35:05. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:33:20; 2. Mariëtte Strauss (Tyger) 1:35:28; 3. Marie Human (Ind) 1:41:47. **G'masters:** 1. Nancy Will (Pine) 1:47:15; 2. Marcelle le Roux (Sturrock) 2:02:33; 3. Louisa van der Westhuizen (Stell) 2:02:56. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:08:47; 2. Marlene James (Pine) 2:17:20; 3. Wendy Wilkins (AAC) 2:21:54. **Juniors:** 1. Sophia Els (Bell) 1:56:16; 2. Veronique Jacobs (SH) 1:56:21; 3. Willene Fredericks (Stell) 2:00:47.

10 km

MEN

1. Siboniso Soldaka (CPUT) 29:33
2. Duane Fortuin (Kuils) 30:15
3. Deon-Lee Hendricks (Stell) 30:20
4. Lukhanyo Nobakada (VOB) 30:26
5. Nkosiyethu Sotyantya (MSA) 30:46

Veterans: 1. Vakalisa Kopolo (Ned) 31:59; 2. Emmanuel Makutu (Ned) 35:24; 3. Charles Pause (Eerste) 37:47. **Masters:** 1. Michael Bekapi (VOB) 40:18; 2. Nicolaas Keets (Ashton) 41:06; 3. Sampie van Niettingh (IT) 47:58. **G'masters:** 1. Gemjikile Tom (Gugs) 42:08; 2. Neville Frieslich (FH) 46:01; 3. Albert Williams (Top) 47:00. **Juniors:** 1. Allister Blaauw (Maties) 32:03; 2. Thembeko Mendu (Gugs) 32:38; 3. Ayabulela Bodlo (VOB) 36:55.

WOMEN

1. Lee-Shay Willemsse (Velo) 38:11
2. Jana le Roux (KPMG) 39:12 (1st jun)
3. Virgell-Lee Africa (Maties) 41:07
4. Chantel Simpson (Ned) 41:22 (1st vet)

5. Veronique Jacobs (SH) 42:13

Veterans: 1. Chantel Simpson (Ned) 41:22; 2. Elizabeth van der Bergh (Bred) 46:28; 3. Frances Kotze (Sald) 55:16. **Masters:** 1. Cailey Bredenkamp (Paarl) 52:49; 2. Tamara Blumeris (MS) 53:24; 3. Jillian Altern (FH) 55:02. **G'masters:** 1. Nancy Will (Pine) 49:28; 2. Judith Grove (Tyger) 52:39; 3. Diane Delpport (VOB) 66:20. **Juniors:** 1. Jana le Roux (KPMG) 39:12; 2. Virgell-Lee Africa (Maties) 41:07; 3. Meagan Swanepoel (Maties) 44:02.

Hibiscus Coast Challenge

Uvongo, 1 May

(Distances: 48 km, 21.1 km & 10 km. Finishers: 48 km -- 83; half marathon -- 321; 10 km -- 242.)

48 km

MEN

1.	Mahlomola Sekhoyama	Maxed Elite	2:55:45
2.	Sthemele Fanekho	Nedbank AC	2:57:37
3.	Pitso Malau	Ind	2:58:03

40-49:

1.	Emmanuel Nzama	Nedbank AC	3:07:06
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50-59:

1.	Michael Ndlovu	Ind	3:31:43
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60+:

1.	Simon Nyawose	Sydenham AC	4:24:20
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WOMEN

1.	Amela Ebel	Nedbank AC	3:18:32
2.	Fikile Mbuthuma	Nedban AC	3:37:48
3.	Maureen Dladla	Nedbank AC	4:15:59

40-49:

1.	Fikile Mbuthuma	Nedbank AC	3:37:48
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50-59:

1.	Amela Ebel	Nedbank AC	3:18:32
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Half marathon

MEN

1.	Sipho Mbanjwa	Ind	1:06:51
2.	Anele Dlamini	Ind	1:07:13
3.	Slindile Gubese	Ind	1:07:48

40-49:

1.	Bheki Nqoko	Maxed Elite	1:20:20
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50-59:

1.	Wade Balsolon	UGU AC	2:08:32
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60+:

1.	Cornel Smith	BNAC	1:59:04
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WOMEN

1.	Zama Mokoena	Nedbank AC	1:24:21
2.	Toni Mundi	Kid Marathon	1:33:47
3.	Zandile Menze	Nedbank AC	1:37:18

40-49:

1.	Nowazi Mqulwana	E G Striders	1:55:47
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50-59:

1.	Pricilla Jensen	Sasol AC	2:01:11
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60+:

1.	Sheree Kirsten	West AC	2:03:44
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10 km

MEN

1.	Bonginkosi Zwane	31:25
2.	Avanda Mncube	31:50
3.	Lindokuhle Sithole	32:40

WOMEN

1.	Nwabisa Mjoli	38:35
2.	Puseletso Dladla	41:24
3.	Nelisiwa Cele	42:55

Avis Run 2 Raise 10 km

George, 1 May
(Finishers: 290)

Note: Second race in three days for, among others, juniors Christiaan Lingerveldt and Stephnay Pedro, as well as Lloyd Bosman, Godwin Heyns and Melissa van Rensburg -- they all raced the Outeniqua events as well on 28 April (results below). -- Ed.

MEN

1	Lloyd Bosman	Nedbank	31:16
2	Godwin Heyns	Nedbank	34:23
3	Donavan Jantjies	Nedbank	35:43

Veterans:

1	Wouter Frasenber	Outeniqua Harriers	36:23
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Masters:

1	Peter Jaehne	Outeniqua Harriers	42:01
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G'masters:

1	Koos Smith	Hartenbos Drawwers	47:08
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G/g'masters:

1	Plaatjie Cronje	Outeniqua Harriers	59:47
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Juniors:

1	Christiaan Lingerveldt	Nedbank	37:01
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WOMEN

1	Melissa van Rensburg	Nedbank	41:06
2	Stephany Pedro	Nedbank	41:21
3	Anastasia Plaatjies	Nedbank	45:27

Veterans:

1	Nerida Lubbe	Hartenbos Drawwers	46:22
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Masters:

1	Salome Castelyn	Ind	47:44
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G'masters:

1	Mariette de Haan	Nedbank	58:19
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G/g'masters:

1	Anna-Marie van Eck	Nedbank	1:12:14
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Juniors:

1	Stephany Pedro	Nedbank	41:21
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GateRite Challenge Marathon (16th), Half Marathon & 10 km

Verulam, 1 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 554 [considerably down from 819 last year]; half marathon – 404 [down from 610]; 10 km – 287 [two fewer than last year's 289].)

Note: ... and yet another marathon for Lisa Collett! -- Ed.

Marathon**MEN**

1	Muziwenkosi Elvis	Mjaja	28	Nedbank AC	2:30:20
2	Mawande	Hlongwe	29	Nedbank AC	2:30:24
3	Sipho	Ngxongo	34	Stella AC	2:33:28

Veterans:

1	Mbuso Moffat	Mfeka	42	Kearsney Striders	2:37:16
2	Jabulani	Mabaso	45	Mandeni Harriers	2:41:04
3	Celimpilo	Mfeka	40	Kearsney Striders	2:53:17

Masters:

1	Themba	Qhanqiso	50	Tongaat Panthers AC	3:01:11
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G'masters:

1	Percy	Singh	60	Newlands AC	4:46:23
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WOMEN

1	Lisa	Collett	40	Boxer Superstore AC	2:59:13
2	Nonsikelelo	Mbambo	39	Natal Carbineers AC	3:25:52
3	Ashleigh	White	44	DHS Old Boys	3:30:06

Veterans:

1	Lisa	Collett	40	Boxer Superstore AC	2:59:13
2	Ashleigh	White	44	DHS Old Boys	3:30:06
3	Zanele	Nzimande	49	Ethekwini	4:20:17

Masters:

1	Maya	Lawrie	50	Boxer Superstore AC	3:34:26
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G'masters:

1	Pat	Fisher	66	Stella AC	4:26:25
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Half marathon**MEN**

1	Adam	Lipschitz	24	Varsity College	1:12:06
2	Mathanga	Mbuleli	24	Inanda Qadi	1:12:36
3	Khanyisa	Nkinkqa	35	Stella AC	1:15:04

Veterans:

1	Duane	Dicks	46	DHS Old Boys	1:20:18
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Masters:

1	Sipho	Mhlanga	50	NRB Harriers	1:40:05
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G'masters:

1	Joey	Rampali	67	Save Orion AC	1:54:49
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Juniors:

1	Dawid	Cronje	16	Riverside Harriers AC	1:55:15
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WOMEN

1	Rozanne	Geldenhuis	34	No Club	1:38:11
2	Ash	Naidoo	43	Nedbank AC	1:48:48
3	Sam	Gould	49	Get Fit	1:51:22

Veterans:

1	Ash	Naidoo	43	Nedbank AC	1:48:48
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Masters:

1	Debby	de Koning	59	Eskom AC	1:54:49
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G'masters:

1	Grace	Skhakhane	62	KwaMashu AC	2:19:35
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Juniors:

1	Nelisiwe Pearl	Shandu	16	KwaMashu AC	2:16:01
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10 km**MEN**

1	Wiseman	Mthembu	18	Amabutho AC	32:42
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2	Johannes	Nkala	25	Maxed Elite	34:42
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3	Sakhiwo	Manguzela	26	Savages AC	34:53
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Juniors:

1	Wiseman	Mthembu	18	Amabutho AC	32:42
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2	Fanela	Gumede	15	Hollywoodbets AC	38:10
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3	Langelihle	Ngcobo	15	Hollywoodbets AC	38:11
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WOMEN

1	Cherie	Barnard	28	Nedbank AC	42:48
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2	Anele	Dlomo	16	Maritzburg City AC	43:39
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3	Nedene	Cahill	36	No Club	43:53
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Juniors:

1	Anele	Dlomo	16	Maritzburg City AC	43:39
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2	Asanda	Ngubane	14	Inanda Qadi	49:33
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3	Mandisa	Mkhunya	14	Inanda Qadi	49:57
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Tronox Marathon & Half Marathon

Empangeni, 29 April

(Distances: 42.195 km, 21.1 km & 10 km; loop courses with small out-and-back section)

Note: The times were indicated in thousandths of a second and rounded up by DRR according to the rules. -- Ed.

Marathon**MEN**

1.	Bayede	Mzobe	2:46:34
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2.	Samson	Mnyango	2:46:44
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3.	Senzo Magnificent	Miya	2:47:58
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WOMEN

1.	Happiness	Memele	3:18:28
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2.	Desiree	Verwey	3:29:25
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3.	Izelle	Geyser	3:47:50
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Half marathon**MEN**

1.	Mokane	Mosola	1:05:07
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2.	Siboniso	Myeni	1:07:45
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3.	Sibongithemba	Ntshangase	1:07:53
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WOMEN

1.	Nomcebo	Mthethwa	1:26:07
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2.	Celiwe	Mngomezulu	1:30:29
3.	Nothando	Mungwe	1:35:04

10 km

MEN

1.	Sthembiso	Mthembu	51:13
2.	Sifiso	Mbuyazi	54:26
3.	Victor	Ngobese	55:33

WOMEN

1.	Nokuwanda	Buthelezi	58:28
2.	Terri	Cawood	62:45
3.	Zinhle	Shange	64:01

Outeniqua Marathon (32nd), Half Marathon (29th) & 10 km

George to Wilderness, 28 April

(Distances: 42.195 km, 21.1 km & 10 km; marathon & half marathon -- point-to-point downhill courses, but hilly and partly on gravel; 10 km -- route configuration unknown.

Finishers: marathon – 244 [up from 205 last year]; half marathon – 294 [up from 282]; 10 km – 203 [up from 166].)

Note: DRR subscribers Sue and Roger Dickson did well here in the half marathon. Two days after turning 50, Sue won her new category in 1:37:39 (fourth overall), while Roger was also fourth overall and took the vets title in 1:19:38. Well done! -- Ed.

Marathon

MEN

1	Siyabonga Madala	Gugs	2:36:56
2	Mxolisi Fana	Outeniqua Harriers	2:45:30
3	Dirk Lightelm	Tuks	2:48:21

Veterans:

1	Mxolisa Fana	Outeniqua Harriers	2:45:30
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Masters:

1	Thomas Andrews	VOB	3:29:31
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G'masters:

1	Andre Bernardo	Nedbank	3:32:05
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WOMEN

1	Jo Mackenzie	Plett AC	3:11:55
2	Davera Magson	Nedbank EPA	3:14:36
3	Cecilia Nel	Nedbank	3:32:33

Veterans:

1	Jo Mackenzie	Plett AC	3:11:55
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Masters:

1	Agnes Nieburg	Profiles Running Club	3:48:40
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G'masters:

1	Mariette de Haan	Nedbank	4:27:50
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Half marathon

MEN

1	Lloyd Bosman	Nedbank	1:12:21
2	Sinesipho Didishe	Knysna MC	1:13:29
3	Nelson Bass	VOB	1:18:28

Veterans:

1	Roger Dickson	VOB	1:19:38
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Masters:

1	Mike van Vuuren	Plett AC	1:48:16
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G'masters:

1	Trevor van Rensburg	Sedgefield Striders	1:54:35
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G/g'masters:

1	Herman Dekker	SAPS EP	2:08:44
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Juniors:

1	Mosuli Plaatjie	Knysna MC	1:25:13
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WOMEN

1	Melissa van Rensburg	Nedbank	1:27:13
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2	Nancy Cloete	Outeniqua Harriers	1:30:09
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3	Joanna Thomas	VOB	1:30:24
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Veterans:

1	Joanna Thomas	VOB	1:30:24
---	---------------	-----	---------

Masters:

1	Susan Dickson	VOB	1:37:39
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G'masters:

1	Collette van Eck	Fish Hoek	2:05:25
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G/g'masters:

1	Anna-Marie van Eck	Nedbank	2:37:39
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Juniors:

1	Christie Smit	Hartenbos Drawwers	1:55:36
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10 km

MEN

1	Godwin Heyns	Nedbank	33:00
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2	Donovan Jantjies	Nedbank	33:10
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3	Gerswill Jacobs	Nedbank	33:58
---	-----------------	---------	-------

Veterans:

1	Wouter Frasenber	Outeniqua Harriers	38:09
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Masters:

1	Patrick Peters	Millitary Sports Club	42:33
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G'masters:

1	Jan du Toit	Hartenbos Drawwers	49:47
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G/g'masters:

1	Plaatjie Cronje	Outeniqua Harriers	59:11
---	-----------------	--------------------	-------

Juniors:

1	Christiaan Lingerveldt	Nedbank	35:20
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WOMEN

1	Ellen Bekker	Ind	40:32
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2	Stephany Pedro	Nedbank	43:31
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3	Anastasia Plaatjies	Nedbank	47:37
---	---------------------	---------	-------

Veterans:

1	Johanna Claassen	Nedbank	48:09
---	------------------	---------	-------

Masters:

1	Rina Wray	Hartenbos Drawwers	1:01:18
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G'masters:

1	Muffy Bass	Ind	1:01:18
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Juniors:

1	Stephany Pedro	Nedbank	43:31
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TRACK**CAA Southern Region Junior & Youth Championships**

Boksburg, 27-28 April

Note: The first day's events are indicated by "(27)"; all other events were on the second day. All runners RSA except where indicated otherwise. --Ed.

MEN

U.20

800:

1. Tshepiso Masalela (BOT) 1:50.74
2. Mkhokeli Sibanda (ZIM) 1:51.33
3. Gert Jonker 1:52.84

1500 (27):

1. Dais Malebana 3:49.75
2. Tshepiso Masalela (BOT) 3:55.14
3. Thabo Vito 3:57.07

3000 s'chase (27):

1. Bonginkosi Maseko 9:28.04
2. Robert de Villiers 9:42.21
3. Calvin Mokgabung (BOT) 10:36.70

5000 (27):

1. Phakiso Mthembu 14:48.81
2. Ngonde Matwebu 15:12.26
3. Denis Gono (ZIM) 15:29.51

10000:

1. Denis Gono (ZIM) 31:09.83
2. Tumi Lephoto 31:23.96
- Itumeleng Sesiko DNF

U.18

800:

1. Amos Khoza 1:50.26
2. Nthuthuko Ndimande 1:51.38
3. Tshegofatso Nwagu 1:52.94

1500 (27):

1. Lucas Silwane 3:57.91
2. Dylan Krenczeck 3:59.33
3. Simanga Maseko (SWZ) 4:09.42

2000 s'chase (27):

1. Nico Seopensengwe 6:01.16
2. Tshepo Ntuntwana 6:02.79
3. Oliver Stewart 6:30.31

3000:

1. Kgadi Monyebodi 8:58.03
2. Matthew Forrester 9:04.14
3. Tsepeng Motjolo-pane (LES) 9:20.60

WOMEN**U.20****800:**

1. Liza Kellerman 2:10.10
2. Rhode Boon 2:11.92
3. Vimbai Maisvorea (ZIM) 2:14.92

1500 (27):

1. Tyler Beling 4:37.10
2. Simonay Weitsz 4:45.29
3. Thobile Vilakazi 4:53.36

3000 s'chase (27):

1. Lesego Mpshe 11:10.65
2. Lara Orrock 11:17.67

5000 (27):

1. Yandiswa Shange 18:49.19
2. Atlang Speakson (BOT) 20:09.86

U.18**800:**

1. Lee-Anne Blake 2:10.30
2. Prudence Sekgodiso 2:16.39
3. Vanessa Matimbe (ZIM) 2:24.36

1500 (27):

1. Nicole Louw 4:33.89
2. Privilege Chikara (ZIM) 4:48.19
3. Elizabeth Ndhlovu (ZIM) 4:50.11

2000 s'chase (27):

1. Cara du Preez 6:54.95
2. Isabel Stickells 6:55.90

3000:

1. Manqabang Tsibela (LES) 9:35.57
2. Carmie Prinsloo 9:40.51
3. Lyndi Roelofse 9:57.06

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**Volkswagen Prague Marathon (24th)**

(IAAF Gold Label Road Race)

Praha, CZE, 6 May

(Distance: 42.195 km; AIMS/IAAF-certified loop course, mostly flat with sections on cobblestones and some trolly tracks)

MEN (gun times)

1. Galen RUPP, USA 2:06:07 PB € 15,000 + 30,000i

[1:03:02 / 1:03:05]

2. Sisay LEMMA, ETH	2:07:02	7,500 + 10,000ii
3. Stephen CHEMLANY, KEN	2:09:42	5,000
4. Barselius KIPYEGO, KEN	2:10:18 PB	2,500
5. Yuma HATTORI, JPN	2:10:26	1,000

i) Earned time bonus for sub-2:06:30

ii) Earned time bonus for sub-2:07:30

WOMEN (gun times)

1. Bornes KITUR, KEN	2:24:19 PB	€ 15,000 + 10,000i
2. Belaynesh OLJIRA, ETH	2:25:13	7,500 + 10,000i
3. Amane GOBENA, ETH	2:27:43	5,000
4. Risper CHEBET, KEN	2:29:32	2,500
5. Susan JEPTOO, KEN	2:30:50	1,000
6. Flomena CHEPCHIRCHIR, KEN	2:32:10	800

i) Earned time bonus for sub-2:25:30

Dick's Sporting Goods Pittsburgh Half Marathon (10th)

(USA Half-Marathon Championships for men & women)

Pittsburgh, USA, 6 May

(Distance: 21.1 km; certified loop course)

MEN (gun times)

1. Chris Derrick, Nike Bowerman TC	1:02:37	\$15,000 + 750i
2. Parker Stinson, Saucony	1:02:38 PB	8,000 + 750i
3. Andrew Colley, ZAP Fitness/Reebok	1:02:40 DB	5,000 + 750i

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1. Aliphine Tuliamuk, Hoka NAZ Elite	1:10:04	\$15,000 + 1000i
2. Sara Hall, Asics	1:10:07	8,000 + 1000i
3. Rochelle Kanuho, Unattached	1:10:49 PB	5,000 + 1000i
4. Gwen Jorgensen, Nike Bowerman TC	1:10:58 DB	3,000 + 1000i
5. Carrie Dimoff, Nike Bowerman TC	1:11:51 PB	2,500 + 750i
6. Samantha Bluske, Rabbit	1:12:32 PB	1,000 + 500i
7. Roberta Groner (40+), NYAC	1:12:35 PB	1,500 + 500i
8. Elaina Tabb, BAA	1:12:57	1,000 + 500i

i) Earned time bonus

Würzburger Residenzlauf (30th)

Würzburg, GER, 29 April

(Distance: 10 km; criterium course)

MEN (gun times)

1. Emmanuel Kipchirchir Kiprono, KEN	28:17	€ 750
2. Vedic Kipkoech, KEN	28:18	500
3. Ashenafi Moges Weldegiogis, ETH	28:30	350
4. Sondre Nordstad Moen, NOR	28:46	250
5. Samson Amare, ERI	29:00	200

WOMEN (gun times)

1. Melat Yisak Kejeta, ETH	32:39	€ 750
2. Hawi Alemu Negeri, ETH	33:29	500

- | | | |
|----------------------------|-------|-----|
| 3. Caroline Chepkemoi, KEN | 33:34 | 350 |
| 4. Cynthia Jerop, KEN | 33:58 | 250 |

Get in Gear 10 km (41st)

Minneapolis, USA, 28 April

Note: Janis Klecker's 26 year-old women's course record was broken by Vicoty Chepngeno.
-- Ed.

MEN (gun times)

- | | | |
|--|-------|---------------|
| 1. Sammy Rotich, 31, Coon Rapids, MN (KEN) | 29:22 | \$1000 + 200i |
| 2. Isaac Mukundi, 30, Lansing, MI (KEN) | 29:25 | 500 + 200i |
| 3. Aaron Easker, 26, St Paul, MN | 30:08 | 250 |

i) Earned time bonus for sub-30:00

WOMEN

- | | | |
|--|-------|--------------------------|
| 1. Vicoty Chepngeno, 22, Grand Prairie, TX (KEN) | 32:40 | CR* \$1000 + 200i + 500* |
| 2. Iveen Chepkemoi, 20, Lansing, MI (KEN) | 33:16 | 500 + 200i |
| 3. Katy Moen, 26, St Paul, MN | 33:53 | 250 + 200i |

*) Course record bonus; previous 32:52, Janis Klecker, 1992

i) Earned time bonus for sub-34:00

Kentucky Derby Festival Marathon (17th) & **Mini Marathon** (45th)

Louisville, USA, 28 April

(Distances: 42.195 km & 21.1 km)

Marathon (gun times)

MEN

- | | |
|--------------------------------------|---------|
| 1. Jeremy Johnson, 24, Austin, IN | 2:21:20 |
| 2. Michael Deren, 30, Louisville, KY | 2:24:53 |
| 3. Tyler Cannon, 32, New Orleans, LA | 2:29:15 |

WOMEN

- | | |
|-------------------------------------|---------|
| 1. Dani Fischer, 29, Greenfield, IN | 2:55:08 |
|-------------------------------------|---------|
- [No Others Sub-2:58:39]

Half Marathon (gun times)

MEN

- | | |
|--|---------|
| 1. John Korir, 21, Louisville, KY (KEN) | 1:02:21 |
| 2. Pius Nyantika, 30, Louisville, KY (KEN) | 1:03:22 |
| 3. Michael Eaton, 30, Louisville, KY | 1:03:42 |

WOMEN

- | | |
|--|---------|
| 1. Susan Tanui, 35, Grand Prairie, TX (KEN) | 1:13:46 |
| 2. Esther Kipserem, 36, Huntsville, AL (KEN) | 1:18:26 |

EDP Media Maratón de Gijón "Villa de Jovellanos" (8th)

Gijon, ESP, 28 April

(Distance: 21.1 km)

MEN (gun times)

- | | |
|---|---------|
| 1. Said AITADDI, Clinica Menorca (MAR), | 1:02:39 |
|---|---------|

2. Mourad MAROFIT, MAR, 1:03:17
3. Sergio SANCHEZ MARTINEZ, Clinica Menorca, 1:04:20

WOMEN (gun times)

1. Gema MARTIN BORGAS, Bilbao Atletismo Santuxu, 1:14:51
2. Paula GONZALEZ BERODIA, Team New Balance, 1:15:22
3. Majida MAAYOUF, Bilbao Atletismo, 1:17:29

Grand Blue Mile (9th)

(USA Road Mile Championships/First stop of the 2018 Bring Back The Mile Grand Prix Tour)
Des Moines, USA, 24 April
Distance: 1 mile; point-to-point course with two 90-degree turns, certified)

ELITE MEN (extended times)

1. Riley Masters 4:03.12 \$5000
2. Eric Avila 4:03.90 2500
3. Nick Harris 4:04.31 1500

ELITE WOMEN (extended times)

1. Emily Lipari 4:32.87 \$5000
2. Brenda Martinez 4:33.07 2500
3. Rachel Schneider 4:33.77 1500

TRACK

IAAF Diamond League - Doha

(1st stop of 2018 IAAF Diamond League)
Doha (Hamad Bin Suhaim Stadium), QAT, 4 May

MEN

800 (DL):

- | | |
|---|-------------|
| 1. Emmanuel Korir, KEN, 15.06.95 | 1:45.21 SB |
| 2. Elijah Manangoi, KEN, 05.01.93 | 1:45.60 SB |
| 3. Nicholas Kipkoech, KEN, 22.10.92 | 1:46.51 SB |
| 4. Adam Kszczot, POL, 02.09.89 | 1:46.70 SB |
| 5. Ferguson Cheruiyot Rotich, KEN, 30.11.89 | 1:46.76 SB |
| 6. Clayton Murphy, USA, 26.02.95 | 1:47.22 =SB |

1500:

- | | |
|-------------------------------------|------------|
| 1. Taresa Tolosa, ETH, 15.06.98 | 3:35.07 SB |
| 2. George Manangoi, KEN, 29.11.00 | 3:35.53 PB |
| 3. Justus Soget, KEN, 22.10.99 | 3:35.71 SB |
| 4. Charles Simotwo, KEN, 06.05.95 | 3:36.40 SB |
| 5. Bethwell Birgen, KEN, 06.08.88 | 3:36.54 SB |
| 6. Abdelaati Iguider, MAR, 25.03.87 | 3:36.59 SB |
| 7. Ryan Gregson, AUS, 26.04.90 | 3:37.00 SB |
| 8. Collins Cheboi, KEN, 25.09.87 | 3:37.83 SB |

3000 s/chase:

- | | |
|---|------------|
| 1. Chala Beyo, ETH, 18.01.96 | 8:13.71 SB |
| 2. Lawrence Kemboi Kipsang, KEN, 15.06.93 | 8:15.07 PB |
| 3. Emmanuel Kiprono, KEN, 14.07.95 | 8:16.24 PB |
| 4. Barnabas Kipyego, KEN, 12.06.95 | 8:17.30 SB |
| 5. Tesfaye Deriba, ETH, 11.09.98 | 8:17.51 SB |
| 6. Albert Chemutai, UGA, 25.11.99 | 8:18.80 PB |

- | | |
|-------------------------------------|------------|
| 7. Hailemariam Amare, ETH, 22.02.97 | 8:21.21 SB |
| 8. Tolosa Nurgi, ETH, 29.03.90 | 8:24.11 SB |

WOMEN

1500 (DL):

- | | |
|---------------------------------------|------------------|
| 1. Caster Semenya, RSA, 07.01.91 | 3:59.92 WL/NR/PB |
| 2. Nelly Jepkosgei, KEN, 14.07.91 | 4:00.99 PB |
| 3. Habitam Alemu, ETH, 09.07.97 | 4:01.41 SB |
| 4. Besu Sado, ETH, 12.01.96 | 4:01.75 SB |
| 5. Alemaz Teshale, ETH, 05.07.99 | 4:01.78 PB |
| 6. Gudaf Tsegay, ETH, 23.01.97 | 4:01.81 SB |
| 7. Rababe Araf, MAR, 12.01.91 | 4:03.69 SB |
| 8. Judith Kiyeng, KEN, 10.12.94 | 4:03.87 PB |
| 9. Eunice Jepkoech Sum, KEN, 10.04.88 | 4:05.38 SB |
| 10. Winny Chebet, KEN, 20.12.90 | 4:05.76 SB |
| 11. Linden Hall, AUS, 29.06.91 | 4:07.07 |
| 12. Zoe Buckman, AUS, 21.12.88 | 4:07.25 |
| Malika Akkaoui, MAR, 25.12.87 | DNF |

3000 (DL):

- | | |
|---|---------------|
| 1. Caroline Chepkoech Kipkirui, KEN, 26.05.94 | 8:29.05 WL PB |
| 2. Agnes Jebet Tirop, KEN, 23.10.95 | 8:29.09 PB |
| 3. Hyvin Kiyeng, KEN, 13.01.92 | 8:30.51 PB |
| 4. Jenny Simpson, USA, 23.08.86 | 8:30.83 SB |
| 5. Letesenbet Gidey, ETH, 20.03.98 | 8:30.96 PB |
| 6. Lilian Kasait Rengeruk, KEN, 03.05.97 | 8:33.13 SB |
| 7. Meskerem Mamo, ETH, 13.04.99 | 8:33.63 SB |
| 8. Beyenu Degefa, ETH, 12.07.99 | 8:35.76 PB |
| 9. Yasemin Can, TUR, 11.12.96 | 8:36.24 PB |
| 10. Norah Jeruto, KEN, 02.10.95 | 8:37.09 PB |
| ... 12. Eilish Mccolgan, GBR, 25.11.90 | 8:48.03 SB |
| ... 14. Hellen Obiri, KEN, 13.12.89 | 8:53.65 SB |

Payton Jordan Cardinal Invitational

Palo Alto, USA, 3 May

MEN

1500:

Section 1:

1. Jakob Ingebrigtsen, 2000, NOR, 3:39.06 PB
[last lap 55.24]
2. Paul Chelimo, U.S. Army, 3:40.16
3. Eric Jenkins, Nike OP 3:40.28
4. Colby Alexander, Hoka NJ-NY TC, 3:40.42
5. Craig Engels, Nike OP, 3:40.45
6. Matthew Centrowitz, Nike OP, 3:40.74

5000:

1. Henrik Ingebrigtsen, NOR, 13:16.97 (13:16.964) WL/PB
[last lap 56.28]
2. Riley Masters, Nike, 13:16.97 (13:16.969) WL=/PB
3. Justyn Knight, Syracuse (CAN), 13:18.74
4. Yeman Crippa, Nike (ITA), 13:18.83 PB
5. Mahiedine Mekhissi, FRA, 13:20.53 PB

10000:

1. Shadrack Kipchirchir, Nike, 27:39.65
2. Soufiane Bouchikhi, adidas (BEL), 27:41.20 EL/PB
3. François Barrer, DAC Reims (FRA), 27:55.95 PB
4. Garrett Heath, Brooks Beasts, 27:56.11 PB

WOMEN

1500:

Section 1:

1. Sara Vaughn, NYAC, 4:11.70
2. Christina Aragon, Stanford, 4:12.28
3. Claudia Saunders, District Track Club, 4:12.38 PB
- ... 7. Elise Cranny, Stanford, 4:14.73
8. Carina Viljoen, Arkansas (RSA), 4:16.19

Drake Relays (109th)

Des Moines, USA, 25-28 April

Note: The big highlight here came from Jenny Simpson, who broke the American record for two miles by running 9:16.78. Despite windy conditions, Simpson looked powerful as she scored a 15-second win. Missouri's Karissa Schweizer won the 5000 m in a meet record 15:23.21, then came back two days later to anchor the winning distance medley relay squad (11:07.59). --Ed.

MEN

Mile (28):

Elite Mile -

- | | | |
|-------------------|--------------|---------|
| 1. Eric Avila | Unattached | 3:58.81 |
| 2. Drew Hunter | adidas | 3:58.83 |
| 3. Brannon Kidder | Brooks B | 3:59.86 |
| 4. Leo Manzano | Hoka One One | 4:00.49 |
| 5. Erik Sowinski | Nike | 4:01.44 |

WOMEN

2 Mile:

Elite Race (27):

- | | | |
|---------------------|--------------|-------------|
| 1. Jenny Simpson | New Balance | 9:16.78 AR* |
| 2. Rachel Schneider | Under Armour | 9:31.89 |
| 3. Brenda Martinez | New Balance | 9:32.82 |
| 4. Stephanie Garcia | New Balance | 9:37.86 |
| 5. Alexa Efraimson | Nike | 9:51.23 |

5000:

Open University/College (26):

- | | | |
|----------------------|---------------------|--------------|
| 1. Karissa Schweizer | SR Missouri | 15:23.21 MR* |
| 2. Taylor Austin | SR Indiana St | 16:26.50 |
| 3. Winny Koskei | FR Wichita St (KEN) | 16:30.16 |

BACKGROUND

KIPCHOGE AND FARAH IN FIGURES

Eliud Kipchoge has now raced ten marathons, won nine of them and is the only man ever to break 2:06 on nine occasions – and that doesn't include his "exhibition" run in Monza last May when he clocked 2:00:25. Sequence: 2013: 1st Hamburg 2:05:30, 2nd Berlin

2:04:05; 2014: 1st Rotterdam 2:05:00, 1st Chicago 2:04:11; 2015: 1st London 2:04:42, 1st Berlin 2:04:00; 2016: 1st London 2:03:05, 1st Olympics 2:08:44; 2017: 1st Berlin 2:03:32; 2018: 1st London 2:04:17.

His track honours at 5000 m included winning the 2003 world title (aged 18) with silver medals at the 2007 Worlds and 2008 Olympics. His PBs – 3:33.20 1500 (2004), 3:50.40 mile (2004), 7:27.66 3000 (2011), 12:46.53 5000 (2004), 26:49.02 10000 (2007), 59:25 HMar (2012), 2:03:05 Mar (2016).

Mo Farah, whose only previous completed marathon was his English record of 2:08:21 when placing 8th in London in 2014, now holds every UK record from 1500 m to the marathon except for the mile and 2000 m – 3:28.81 1500 (2013), 7:32.62 3000 (2016), 12:53.11 5000 (2011), 26:46.57 10000 (2011), 59:32 HMar (2015) (59:22 GNR 2015), 2:06:21 Mar (2018).

NEWS

ASBEL KIPROP CHARGED WITH USING EPO

Asbel Kiprop, the most dominant 1500 m runner of the last decade, has been charged with a doping violation. Kiprop -- a Kenyan who won the 2008 Olympic 1500 m title and was crowned three times as world 1500 m champion in 2011, 2013 and 2015 -- stands accused of using the artificial blood booster recombinant erythropoietin (EPO). He failed an out-of-competition test last November and, according to the IAAF's Athletics Integrity Unit (AIU), his "B" sample test last February confirmed the finding, reports *Race Results Weekly*.

Although some irregularities have been reported in connection with the collection of his sample, including advanced warning of the test and a possible payment made by Kiprop to a doping control officer, the AIU is standing by the result.

"The AIU has confirmed that the Doping Control Assistant involved in testing Mr Kiprop on 27 November 2017 (who is known to Mr. Kiprop) admitted that he provided Mr. Kiprop with advanced notice of the testing that was to take place on that date," the AIU said in a statement. "This is extremely disappointing. The AIU has submitted to the Tribunal that these actions may constitute a departure from the requirements of the International Standard for Testing and Investigations (ISTI). Under the Rules, a departure from the requirements of the ISTI will only invalidate an Adverse Analytical Finding if that departure could reasonably have caused the Adverse Analytical Finding. The advanced notice of testing given by the Doping Control Assistant could not reasonably have caused EPO to be present in Mr Kiprop's Sample and, as such, the departure does not invalidate the Adverse Analytical Finding. This will ultimately be a matter for the Tribunal to determine."

Kiprop, in a statement posted on his Facebook page, denied that he was involved in doping. He wrote, in part: "I vehemently deny any doping. I have remained faithful to my anti-doping convictions and I will be the last person to commit such an atrocious un-sports like thing. I recall that in 2016 I supported conviction of people guilty of doping. I have built for myself a clean sports career since 2007 and I cannot throw it away with such an act."

The case is currently proceeding before the independent IAAF Disciplinary Tribunal.

SUMGONG FINALLY RECEIVES DOPING SANCTION

The 2016 Olympic Marathon champion Jemima Sumgong of Kenya has finally received her doping sanction after failing an out-of-competition test in Kapsabet, Kenya, in February 2017, reports *Race Results Weekly*. According to the IAAF, Sumgong has been banned for four years, from 3 April 2017 through 2 April 2021.

In addition, any results she achieved since 28 February 2017 have been voided. However, Sumgong did not record any results after that date.

Sumgong gets to keep her 2016 Olympic and Virgin Money London Marathon titles.

STATS TIME

STEPHEN MOKOKA'S 25 S.A. TITLES

No South African male athlete has won more SA titles than Stephen Mokoka's 25 in all three disciplines of track, road and cross-country. He has earned eight titles over 10000 metres, including five in a row, seven in the half marathon, four in the 10 km, three over 5000 m, two in cross-country and one over 1500 m. The only title -- in the events that he normally runs -- he has not won is the marathon. He won the 5000/10000 m double on three occasions -- 2013, 2015 and 2016 (in 2010 he won the unusual double of 1500 m and 10000 m). His best year as far as national titles go was in 2010, when he bagged four. Among male runners he is followed by Matthews Temane with 19 titles, Xolile Yawa with 14, Hendrick Ramaala with 12, and Len Richardson with 11.

Of course, he still trails Elana Meyer's 30 national titles and is way behind the champion of champions, René Kalmer, who has 40 titles.

A chronological list of Mokoka's SA titles:

05 Jul 2008	Half Marathon	62:04	Port Elizabeth
13 Mar 2009	10000 m	28:52.22	Stellenbosch
04 Jul 2009	Half Marathon	61:26	Port Elizabeth
29 Aug 2009	10 km	28:21	Stellenbosch
20 Mar 2010	10000 m	28:28.54	Durban
21 Mar 2010	1500	3:38.55	Durban
14 Aug 2010	10 km	28:23	Paarl
11 Sep 2010	XC 12 km	37:32	Pretoria
10 Apr 2011	10000 m	28:06.65	Durban
02 Jul 2011*	Half Marathon	62:07	Port Elizabeth
13 Apr 2012	10000 m	27:40.73&	Port Elizabeth
26 Aug 2012	Half Marathon	60:57#	Cape Town
12 Apr 2013	10000 m	28:22.30	Stellenbosch
13 Apr 2013	5000 m	13:25.94	Stellenbosch
21 Sep 2013	Half Marathon	62:45	East London
22 Feb 2014	10 km	29:16	Bloemfontein
13 Sep 2014	XC 12 km	35:56	George
28 Feb 2015	10 km	29:37	Pretoria
17 Apr 2015	10000 m	28:15.56	Stellenbosch
18 Apr 2015	5000 m	13:11.44@	Stellenbosch
15 Apr 2016	5000 m	13:40.81	Stellenbosch
16 Apr 2016	10000 m	27:57.50	Stellenbosch
30 Jul 2016	Half Marathon	61:26	Port Elizabeth
24 Jun 2017	Half Marathon	61:21	Port Elizabeth
15 Mar 2018	10000 m	29:34.56	Pretoria

*) The course was approx. 180 m long.

&) The fastest time ever to win this title and the third fastest ever by a South African.

#) The fastest time ever run in SA on a standard course.

@) The fastest time ever to win this title and the second fastest ever by a South African.

THIS MONTH IN HISTORY

39 years ago (exactly): 7 May 1979

As the decade of the seventies wound down, Johan Fourie was still in the early stages of what would become a remarkable career. Only 19 at the beginning of 1979, he had won both the 1500 m and 5000 m at the SA U.21 Championships in early April, and then had also taken the senior 1500-metre title. On this night in Stellenbosch, a little more than a

week later, he came up against the two men who had finished second and third, Louis Liebenberg and Ewald Bonzet -- and against a man who was on a different level than all the others in the race. Sydney Maree's best for the mile was 3:57.9 when he came to the starting line on the Coetzenburg track, while the SA record stood at 3:54.6, set by Danie Malan four years earlier on the same track. As it turned out, his rivals had no answer for Maree's finishing speed and he won easily in 3:53.7 for a new national mark. He was followed by Fourie in 3:56.3, a PB, Liebenberg in 3:58.1, also a PB, and Bonzet in 3:58.6. Thirteen days later Maree would also break the SA 5000 m record; his mile record stood for more than three years before Fourie surpassed it.

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	28:40	Sibabalwe Gladwin Mzazi	Port Elizabeth	07 Apr
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	87:24	Lindokuhle Sithole	Durban	21 Mar
	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:38:53	Nkosinathi Madyo	Uitenhage	03 Mar
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:09:31	Desmond Mokgobu	Oita	04 Feb
	2:02:57	Dennis Kimetto (KEN) 2014		
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	31:37	Simphiwe Zulu	Durban	15 Apr
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:29	Mthandazo Qhina	Gordon's Bay	14 Apr
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:43:15	Mzwanele Maphekula	Uitenhage	03 Mar
	1:41:42A	Mthandazo Qhina	Camps Bay	14 Jan
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:26:17	William Mokwalakwala	Centurion	01 May
	2:08:38	Kenneth Mungara (KEN) 2016		

100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:47	Desmond Zibi	Port Elizabeth	07 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:10	Reginald Ngobese	Johannesburg	15 Apr
	76:32A	Makhaya Masumpa	East London	11 Feb
	66:23	Titus Mamabolo (RSA) 1991		
25 km	1:43:32	Deon Jannekar	Durban	21 Mar
	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	2:41:31	Michael Ndlovu	Durban	15 Apr
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	57:51	Mochamat Kriel	Ravensmead	24 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	85:25	Mochamat Kriel	Cape Town	31 Mar
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:10	Derrick Mazibuko	Durban	21 Mar
	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		
<u>Great grandmasters (70+)</u>				
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	2:09:11A	Hansie Els	Somerset East	21 Apr
	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	1:14:26	Christophai Booise	Wellington	01 May
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:21	Glenrose Xaba	Port Elizabeth	07 Apr
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	56:30	Anel Terblanche	Constantia	10 Mar
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	1:49:34	Nomthandozo Mlotshwa	Durban	21 Mar
	1:40:40A	Makhosi Mhlongo	Pinetown	28 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	2:00:03	Ntombesintu Mfunzi	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell (vet)	Camps Bay	14 Jan
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:36:05 Wo	Mary Keitany (KEN) 2017		
Marathon	2:38:17	Nolene Conrad	Vienna	22 Apr
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:15	Tanith Maxwell	Cape Town	07 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:15	Tanith Maxwell	Wellington	01 May
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	1:53:03	Lisa Collett	Durban	21 Mar
	1:46:03A	Lisa Collett	Pinetown	28 Jan
	85:15	Colleen de Reuck (USA) 2005		
30 km	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:20:22	Maria Auxiliadora (BRA) 1998		

Masters (50+)

10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		

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	2:15:39 1:56:28A 96:58	Roshini Natasen Christine Claasen Colleen de Reuck (USA) 2016	Durban Somerset East	21 Mar 21 Apr
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	42:27 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	07 Apr
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	2:28:20 2:22:03A 1:50:50	Jenny Scott Sylvia Burton Edie Stevenson (USA) 2011	Durban Pinetown	21 Mar 28 Jan
30 km	2:26:52 2:15:30	Annatjie Botes Kathryn Martin (USA) 2012	Sedgefield	10 Mar
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	53:29 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Bellville	25 Mar
15 km	85:25 72:52	Marietha Herbert Jo Klein (NED) 2004	Constantia	10 Mar
21.1 km	1:57:18 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	14 Apr
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 Herbert 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	36:04 31:29	Nicole Louw Karoline Bjerkeli Grovdal (NOR) 2009	Port Elizabeth	05 May
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan

21.1 km

88:34
67:57Lesego Mpshe
Abebu Gelan Adugna (ETH) 2009

Pretoria

24 Mar

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