

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

Excellent weather conditions and the world's fastest 12 km course do not necessarily result in a new world best time. At the pre-race media conference of the FNB Cape Town 12 ONERUN defending champion Morris Munene Gachaga (KEN), who last year ran the quickest time the world has ever seen (33:27), said he would like to dip under 33 minutes. But there was one problem, and he summed it up after crossing the line for a narrow victory: "The field was stacked, so racing for the win was more important than chasing my time from last year. We did start out fast, for the first three kilometres we were on record pace, but then we started watching each other and the pace dropped a bit."

It was a stellar field indeed, and Kenyans and Ugandans dominated to fill the first seven places, followed by an Eritrean. Only two South Africans, 2016 champion Stephen Mokoka and Joel Mmone, made it into the top ten. The first twelve men ran faster than 35 minutes, compared to seven last year.

Gachaga, who only took the lead less than 300 m from the finish when he shot past Victor Chumo (KEN), won in 33:42, 15 seconds slower than last year. Chumo was second, only 3 seconds behind, with John Langat (KEN) third in 33:47. The first nine men ran the fastest times in the world this year.

Gachaga's time is the joint eighth fastest performance ever (all courses). Mokoka finished ninth in 34:17, the eighth best ever by a South African (he owns the fastest time, the 33:34 he clocked in 2016).



Kenyans Jackline Chepkeno (top) and Morris Munene Gachaga take the titles in the FNB Cape Town 12 ONERUN. [Tobias Ginsberg]

The women's race went to another Kenyan, Jackline Chepngeno, in 39:12 for a comfortable win over Uganda's Commonwealth 10000 m champion, Stella Chesang (39:28). Chepngeno, who was fifth in the Eldoret City Marathon on 22 April, took 2017 off due to pregnancy and the birth of her son (she is married to Langat). Her time is the fastest in the world this year, with Chesang moving into fourth on the world list. South Africa's Kesa Molotsane finished an outstanding third in 39:53, the tenth fastest ever by a South African. Glenrose Xaba was fifth in 40:03 and Nolene Conrad sixth in 40:09 (respectively 11th and 12th on the SA all-time list).

Seven women were faster than 41 minutes, compared to only one last year (and three in 2016).

The men's lead pack of twelve went through 3 km in 8:15 (on course for 33 minutes exactly at the finish) and 5 km in 14:00. Chumo then went to the front, followed by Noah Kipkemboi (KEN), Mmone, Gachaga, Langat and Thabang Mosiako, but the pace slowed even more so that they reached 10 km in 28:24. Mokoka was still in the lead group of nine, but then faded as Chumo and Gachaga took command, with Langat and Ugandans Abdallah Mande and Mande Bushendich following closely.

Entering the final, downhill, kilometre down Bree Street in the centre of the city, Chumo surged ahead and made what seemed like a decisive break. But Gachaga was not beaten and a scorching sprint took him past his rival with 300 m to go. Only 13 seconds separated the first four.

The only SA best time of the day was produced by master Mluleki Nobanda, who ran 38:54.

□ Michael Meyer is not exactly a household name in South African athletics (although he was a good athlete in his younger days, running 9:13.6 for the steeplechase in 1989), but his vision to create the FNB Cape Town 12 ONERUN three years ago was the kind of initiative that road running needed. Last year already, in its third year, the Cape Town race produced the fastest 12 km time ever run anywhere in the world and it has gained international status with top runners from the rest of Africa coming to race in the Mother City on a super-fast course. Meyer's company, Stillwater Sports, then went further and started 10 km races in Johannesburg (the FNB Joburg CITYRUN) and Durban (the FNB Durban CITYSURFRUN) to form the Run Your City Series with the Cape Town event. And that was not all -- during the past track season it staged three Liquid Telecom Athletix Grand Prix Series meetings which set the tracks of Pretoria, Roodepoort and Paarl alight. It is this kind of vision, and the energy and discipline to bring it off, that can revitalise the sport in this country.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * FNB Cape Town 12 ONERUN, Milnerton to Cape Town
- * Africa Day Half Marathon, East London
- * Polokwane Mayoral Half Marathon & 10 km, Polokwane

International highlights:

- * Simplyhealth Great Manchester Run 10 km, Manchester, GBR
- * Alaska Airlines Bay to Breakers 12 km, San Francisco, USA
- * Göteborgsvarvet, Göteborg, SWE
- * Sendai International Half Marathon, Sendai, JPN
- * Telenor Copenhagen Marathon, Copenhagen, DEN
- * Diacore Gaborone Marathon & Half Marathon, Gaborone, BOT

* Track: Night of the 10000 PB's, London, GBR; Lange Laufnacht, Karlsruhe, GER; adidas Boost Games, Cambridge & Boston, USA; National Junior College Athletic Association Div. I Championships, El Dorado, USA; USATF Distance Classic, Los Angeles, USA; British Milers Club Grand Prix, Manchester, GBR

ROAD RUNNING

FNB Cape Town 12 ONERUN (4th)

Milnerton to Cape Town, 20 May

(Distance: 12 km; certified point-to-point course, slightly changed from last year; the finish is slightly higher than the start. The start/finish separation is 7280 metres, or 60.66% of the race distance [not record eligible]. Weather: overcast, 16°C, slight wind in places; excellent running conditions. Finishers: 4674 men + 5911 women = 10 585 total [down from 11 219 last year].)

Note: Many clubs were not indicated in the results, so they are all omitted here. -- Ed.

MEN

1. Morris Munene Gachaga (KEN) 33:42 (R30 000)
2. Victor Chumo (KEN) 33:45 (R17 000)
3. John Langat (KEN) 33:47 (R13 000)
4. Abdallah Mande (UGA) 33:53 (R8000)
5. Mande Bushendich (UGA) 33:55 (R7000)
6. Noah Kimkemboi (KEN) 34:00 (R6000)
7. Matthew Kimutai (KEN) 34:01 (R5000)
8. Filmon Ande (ERI) 34:06 (R4000)
9. Stephen Mokoka 34:17 (R3000)
10. Joel Mmone 34:35 (R2000)
11. Sibabalwe Gladwin Mzazi 34:38
12. Thabang Mosiako 34:38
13. Namakoe Nkhasi (LES) 35:15
14. Collen Mulaudzi 35:18
15. David Manja 35:26
16. Sibusiso Nzima 35:38
17. Rantso Mokopane 35:39
18. Jerry Motsau 35:46
19. Mothimokholo Hatasi (LES) 35:50
20. Melikhaya Frans 35:53
21. Mthobisi Baloyi 36:05
22. Siphon Mbanjwa 36:14
23. Tumisang Monnatlala 36:38
24. Anthony Timoteus 36:42
25. Dylan van der Merwe 36:44
26. Obed Kopong 37:04
27. Bonginkosi Zwane 37:10
28. Deon-Lee Hendricks 38:08
29. Thembeke Mendu 38:21
30. Zongamele Dyubeni 38:49

(All age category prize money was the same: R3000, R2000, R1000.)

Veterans:

1. Zongamele Dyubeni 38:49
2. Tsungai Mwanengeni (ZIM) 39:00
3. Vakalisa Kopolo 39:48

Masters:

1. Mluleki Nobanda 38:54*

2. Makhaya Masumpa 40:06
3. Johnny Persents 43:06
- *) SA best time; previous 41:07a, Eric Coetzee, 2015

G'masters:

1. Robbie Lindsay 52:05
2. Gemjikile Tom 54:43
3. Nevillew Frieslich 55:13

G/g'masters:

1. Horst Schiffer 1:04:51
2. Ronnie le Roux 1:08:44
3. Chris van Coller 1:12:35

Juniors:

1. Thembeko Mendu 38:21
2. Carlo Flink 39:00
3. Zubenathi Ncapayi 43:00

WOMEN (Same prize money as men)

1. Jackline Chepngeno (KEN) 39:12
2. Stella Chesang (UGA) 39:28
3. Kesa Molotsane 39:53
4. Betha Chikanga (ZIM) 39:54
5. Glenrose Xaba 40:03
6. Nolene Conrad 40:09
7. Nancy Wambua (KEN) 40:15
8. Rudo Mhonderwa (ZIM) 42:02
9. Christine Kalmer 42:06
10. Zintle Xiniwe 42:13
11. Lebogang Phalula 42:17
12. Fortunate Chidzivo (ZIM) 42:20
13. Jenet Mbhele 42:29
14. Maria Shai 42:40
15. Cherise Sims 42:52
16. Lebo Phalula 43:07
17. Cornelia Joubert 43:11
18. Anel Terblanche 45:17
19. Candyce Hall 45:42
20. Kayla van Graan 45:59
21. Danette Smith 46:07
22. Marion Leiberich 46:07
23. Jana le Roux 47:44
24. Ebeth Marais 48:57
25. Azadia Wardt 48:59
26. Christelle Hattingh 49:06
27. Nolubabalo Dyonase 49:26
28. Chantel Nienaber 49:45
29. Obertina Kanyongo (ZIM) 50:07
30. Martha Lotter 50:08

Veterans:

1. Chantel Nienaber 49:45
2. Linda Kinloch-Smith 50:22
3. Susan Caras 50:33

Masters:

1. Obertina Kanyongo (ZIM) 50:07
2. Olga Howard 52:42
3. Renée Scott 56:54

G'masters:

1. Nancy Will 55:21
2. Bev Charters 56:34
3. Charmaine Cupido 59:16

G/g'masters:

1. Veronica van Niekerk 1:02:04
2. Pixie Sparg 1:08:40
3. Annatjie Berntzen 1:34:26

Juniors:

1. Jana le Roux 47:44
2. Charmaine Leung 51:14
3. Robin Lund 52:15

Africa Day Half Marathon

East London, 20 May
(Distance: 21.1 km. Finishers: 604.)

MEN

1. Amos Nyongo (Mother) 1:04:29
2. Lebenya Nkoka (LES/Ned) 1:04:40
3. Ayanda Mncube (EtheK) 1:04:51
4. Mariano Eesou (Madibaz) 1:05:07
5. Kabelo Lesia (LES/Ned) 1:05:20

WOMEN

1. Ntombesintu Mfunzi (Ned) 1:18:36
2. Liziwe Mabona (AMPA) 1:20:00
3. Slindile Chili (EtheK) 1:20:48
4. Nomvuyisi Seti (Langa) 1:23:03
5. Poppy Mlambo (Boxer) 1:23:27
6. Bulelwa Simae (Ned WP) 1:28:49 (1st vet)

Polokwane Mayoral Half Marathon & 10 km

Polokwane (Pietersburg), 19 May
(Distances: 21.1 km & 10 km. Finishers: half marathon -- 538; 10 km -- 580.)

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, returns a very strange result for this half marathon. Fourteen men's time comparisons show an RTB of -2.77 sec/km -- well within the allowable -5 sec/km, but twelve women's comparisons result in a figure of -7.76 sec/km. Even if the most extreme negative female comparison is ignored, the result is still -6.48 sec/km, and the combined figure for men and women is then -4.40 sec/km. It seems therefore that everything is in order, but suspicion about the course length remains. Four list leaders were set. -- Ed.

Half marathon**MEN**

- 1 Lesiba Precious Mashele (Olifants) 64:06 (R15 000); 2 Desmond Mokgobu (Olifants) 64:12 (R12 000); 3 Lucky Mohale (Boxer) 64:41 (R9000); 4 Mbongeni Ngxazozo (Boxer) 64:57 (R6000); 5 Milton Kekana (TUT) 65:13 (R3000); 6 Xolisa Tyali (Olifants) 65:35 (R1500); 7 Benedict Moeng (KPMG) 65:55 (R1200); 8 Derocious Makhobalo (BCC) 66:15 (R900); 9 Phillimon Mathipa (Nedbank) 66:25 (R600); 10 Samuel Segoaba (Born 2 Run) 66:42 (R300).

(Age category prize money for veterans, masters and juniors was the same: R4500, R3000 and R1500.)

Veterans: 1 Richard Mavuso (CS) 67:13; 2 Moses Njuguna (Temp) 69:29; 3 Cooboy Ngamole (Nedbank) 70:16. **Masters:** 1 Nel Mtsweni (Exxaro) 78:13; 2 Lazarus Seroka (Pietersburg) 79:06; 3 Reckson Nemukula (Faranani) 79:27. **G'masters:** 1 Simon Makweya (Mzansi) 86:17 (R2500); 2 Stephen Seema (SAPS) 89:25 (R1500); 3 Thompson Mbombi (Greater Elim) 93:05 (R750). **G/g'masters:** 1 Johannes Phoo (Moletjie) 97:09 (R1500); 2 Johannes Mosehla (Polokwane) 99:37 (R1000); 3 Pele Tshidukudamalema (Nedbank) 1:48:42 (R500). **Juniors:** 1 Sakhile Dhladhla (Nedbank) 68:44; 2 Phenyo Chidi (Tembisa) 68:57; 3 Aubrey Kgomo (Steil Loop) 72:32.

WOMEN (Same prize money as men)

1 Mamarolla Tjoka (LES/Nedbank) 77:55; 2 Rutendo Nyahora (ZIM/Nedbank) 77:59; 3 Portia Ngwenya (Nedbank) 79:12; 4 Jennifer Koech (KEN/Nedbank) 79:26; 5 Lesego Mpshe (TUT) 80:48; 6 Vuyokazi Gebe (CSIR) 81:34; 7 Tabitha Tsatsa (ZIM/Nedbank) 85:36 (1st vet); 8 Jacinta Mboani (Nedbank) 87:22; 9 Purity Kimaiyo (KEN) 88:11; 10 Norah Cheptoo (KEN) 89:34.

Veterans: 1 Tabitha Tsatsa (ZIM/Nedbank) 85:36; 2 Anna Maponya (UL) 94:22; 3 Linah Mhlongo (Eskom) 95:32. **Masters:** 1 Jane Mudau (Farananai) 94:45; 2 Sarah Mahlangu (Sunninghill) 1:42:02; 3 Catherine Naane (Sibanye Stillwater) 1:42:29. **G'masters:** 1 Adel Matloka (UL) 2:10:54; 2 Selinah Netsisaulu (RAC) 2:07:47; 3 Margaret Boshoe (Sunninghill) 2:16:53. **Juniors:** 1 Lesego Mpshe (TUT) 80:48; 2 Violet Mulaudzi (Greater Elim) 1:55:25.

10 km

MEN

1 Reghen Magwai (Born 2 Run) 30:28 (R5000); 2 Givemore Mudzinganyama (ZIM) 30:33 (R4000); 3 Tlou Peu (Pietersburg) 30:44 (R3000); 4 Jacob Malefo (Nedbank) 30:59 (R2000); 5 Lesiba Peu (BCC) 31:14 (R1000); 6 Bafana Dube (Boot Camp) 31:28 (R500); 7 Sive Ngubo (TUT) 31:41 (R400); 8 Kamogelo Masemola (UL) 31:55 (R300); 9 Calvin Malatji (Pietersburg) 32:13 (R200); 10 Tebogo Segalagala (Nedbank) 32:17 (R100).

Veterans: 1 Enoch Skosana (Nedbank) 34:12 (R1500); 2 Phillimon Manyaka (Nedbank) 34:39 (R1000); 3 Bethuel Netshitenzhe (Pietersburg) 35:06 (R500). **Masters:** 1 Thomas Ngobeni (Vhembe) 38:55 (R1000); 2 Israel Madibana (Eskom) 39:28 (R750); 3 Theo Sekete (SAPS) 43:09 (R500). **G'masters:** 1 David Kubjana (Polokwane) 42:11 (R750); 2 Bobby Secco (RWFL) 43:36 (R500); 3 Elias Maponya (UL) 47:17 (R250). **G/g'masters:** 1 Garth Owens (Temp) 73:56 (R500); Hoosain ? (RWFL) 79:32 (R250); 3 Johan Stears (Pietersburg) 84:00 (R150). **Juniors:** 1 Tumi Lephoto (KPMG) 33:21 (R1500); 2 Mashilo Manamela (Steil Loop) 35:24 (R1000); 3 Titus Komane (Honey Lotus) 36:55 (R500).

WOMEN (Same prize money as men)

1 Thobile Vilakazi (KPMG) 38:07; 2 Catherine Skosana (Born 2 Run) 38:41; 3 Glenda Ramashia (Temp) 40:04; 4 Khutso Mocketla (Lydiard) 41:27; 5 Joyce Netshifhefhe (Nedbank) 42:10; 6 Precious Tshabalala (Eskom) 42:51; 7 Hilda Molokomme (Nedbank) 42:59; 8 Tshunelo Maruping (KPMG) 43:47; 9 Sinah Malatji (Temp) 43:57; 10 Sarah-Jane Kumalo (SAPS) 44:35 (1st vet).

Veterans: 1 Sarah-Jane Kumalo (SAPS) 44:35; 2 Patience Nkosi (Nedbank) 46:20; 3 Betty Mashitisho (Pietersburg) 56:13. **Masters:** 1 Carmen Schoeman (Temp) 48:15; 2 Meriam Gafana (UL) 52:50; 3 Amelia Haupt (Polokwane) 53:43. **G'masters:** 1 Jeanie Ownes (Polokwane) 71:02; 2 Elsie Moletjie (UL) 83:10. **G/g'masters:** 1 Stephina Modiba (UL) 73:50; 2 Eliza Klopper (Pietersburg) 81:05; 3 Annetjie van Wyk (RWFL) 82:00. **Juniors:** 1 Thobile Vilakazi (KPMG) 38:07; 2 Tshunelo Maruping (KPMG) 43:47; 3 Ngoako Motanyane (Balamolele) 47:18.

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

Simplyhealth Great Manchester Run 10 km

Manchester, GBR, 20 May

(Certified course; course starts at 45 m elevation and finishes at 35 m elevation [10 m elevation loss, or 1m/km of race distance; legal for record setting]; start/finish separation is 600 m, or 6% of the race distance)

MEN (gun times)

1. Mo Farah, Nike, 28:27
2. Moses Kipsiro, UGA, 28:28
3. Abel Kirui, Nike/KEN, 28:53

WOMEN (gun times)

1. Tirunesh Dibaba, Nike/ETH, 31:08
2. Joyciline Jepkosgei, adidas/KEN, 31:57
3. Betsy Saina, Nike/KEN, 32:25
4. Birhane Dibaba, Nike/ETH, 32:31
5. Clemence Calvin, FRA, 32:38

Alaska Airlines Bay to Breakers 12 km (107th)

San Francisco, USA, 20 May

(Certified point-to-point course with minimal elevation loss [0.1 m/km])

MEN (gun times)

- | | | |
|-------------------------------|-------|--------|
| 1. Philemon Cheboi, KEN | 35:37 | \$2000 |
| 2. Gabriel Geay, TAN | 36:01 | 1500 |
| 3. Aaron Braun, Flagstaff, AZ | 36:41 | 1250 |
| 4. Brendan Gregg, Davis, CA | 36:45 | 1000 |
| 5. Matt Llano, Flagstaff, AZ | 37:02 | 750 |

WOMEN

- | | | |
|---|-------|--------|
| 1. Jane Kibij, Auburn, CZ (KEN) | 40:33 | \$2000 |
| 2. Lindsay Flanagan, Louisville, CA | 40:44 | 1500 |
| 3. Biruktayit Degefa, Albuquerque, NM (ETH) | 41:37 | 1250 |
| 4. Kaitlin Goodman, Providence, RI | 42:10 | 1000 |
| 5. Calli Thackery, GBR | 42:42 | 750 |
| ... 7. Jen Rhines (40+), San Diego, CA | 43:15 | 1000 |

Göteborgsvarvet (39th)

Göteborg, SWE, 19 May

(Distance: 21.1 km; one-loop course with no net elevation change and negligible start/finish separation)

MEN (gun times)

- | | |
|---------------------------|---------|
| 1. Shadrack Kimining, KEN | 1:01:31 |
| 2. Emmanuel Kipsang, KEN | 1:01:42 |
| 3. Leonard Langat, KEN | 1:02:23 |
| 4. Richard Mengich, KEN | 1:02:36 |

5. Shadrack Kiplagat, KEN 1:02:46

WOMEN (gun times)

1. Meseret Belete Tola, ETH 1:09:06
 2. Bekelech Gudeta, ETH 1:09:56
 3. Beatrice Mutai, KEN 1:10:39
 4. Sutume Asefa, ETH 1:10:53
 5. Agnes Barsosio, KEN 1:11:00
 6. Peninah Kandie, KEN 1:11:25
 7. Parendis Lekapana, KEN 1:12:06
 8. Zerfie Limeneh, ETH 1:12:27

Sendai International Half Marathon (27th)

Sendai, JPN, 13 May
 (Distance: 21.1 km)

MEN (gun times)

1. Ryo Matsumoto, 1:03:05
 2. Satoru Sasaki, 1:03:10
 3. Kengo Nakamura, 1:03:17
 4. Akihiro Gunji, 1:03:23
 5. Charles Ndirangu (KEN), 1:03:39
 ... 7. Yuki Kawauchi, 1:03:41

WOMEN (gun times)

1. Yukari Abe, 1:12:16
 2. Shiori Morita, 1:12:23
 3. Maki Ashi, 1:12:32
 4. Hanami Sekine, 1:12:42
 5. Hikari Yoshimoto, 1:12:48

Telenor Copenhagen Marathon (39th)

Copenhagen, DEN, 13 May
 (Distance: 42.195 km; near-loop course with minimal start/finish separation)

MEN

1. William Nyarondia Morwabe, KEN 2:11:15 CR* USD 6000 + 2000*
 2. Abraham Girma, ETH 2:11:29 3000
 3. Paul Waweru Chege, KEN 2:12:24 2000

*) Course record bonus.

WOMEN

1. Shasho Inseremu, ET 2:32:17 USD 6000
 2. Betty Chepleting, KEN 2:32:41 3000
 3. Tesfanesh Merga, ETH 2:33:03 2000

Diacore Gaborone Marathon & Half Marathon

Gaborone, BOT, 13 May

(Distances: 42.195 km & 21.1; certified loop courses with 1 km out-and-back section at beginning and end. Finishers: marathon -- 232; half marathon -- 607.)

Marathon

MEN

1. Sibusiso Nzima (Ned/RSA) 2:16:57
2. Isaac Mpofu (Ned/RSA) 2:16:59
3. Nqonidzashe Ncube (Ned/RSA) 2:17:50
4. Cornelius Lagat (KEN) 2:20:38
5. Simon Shipingana (NAM) 2:22:00
6. Godiraone Nthompe (BOT) 2:22:37
7. Obed Kopong (Ned/RSA) 2:22:37
8. Jesaja Matheus (NAM) 2:24:22
9. Lucas Raseruthe (LES) 2:25:00
10. Thatayaone Kelapile (BOT) 2:25:57

WOMEN

1. Olivia Chitate (ZIM) 2:51:35
2. Mantshapelo Badumentse (BOT) 2:58:58
3. Anna Amutoko (NAM) 2:59:47
4. Onneile Dintwe (BOT) 3:00:15
5. Norah Cheptoo (KEN) 3:09:58

Half marathon

MEN

1. Joel Mmone (Ned/RSA) 1:03:29
2. David Manja (Ned/RSA) 1:04:27
3. Rapula Diphoko (BOT) 1:04:32
4. Mishack Sithole (Ind/RSA) 1:04:45
5. Tomas Rainhold (NAM) 1:05:10

WOMEN

1. Ottillie Aimwata (NAM) 1:21:54
2. Catherine Skosana (Ind/RSA) 1:22:54
3. Kefilwe Galeitsiwe (BOT) 1:23:19
4. Kealeboga Bulolo (BOT) 1:25:28
5. Lesedinyana Tumelo (BOT) 1:25:33

TRACK

Night of the 10000 PB's

(European 10000 Cup)

London (Parliament Hill), GBR, 19 May

MEN

Race 1:

- | | |
|-----------------------------|-------------|
| 1. Richard Ringer, GER | 27:36.52 PB |
| 2. Morad Amdouni, FRA | 27:36.80 PB |
| 3. Yemaneberhan Crippa, ITA | 27:44.21 PB |
| 4. Adel Mechaal, ESP | 27:50.56 PB |
| 5. Alexander Yee, GBR | 27:51.94 PB |
| 6. Andy Vernon, AFD | 27:52.32 |
| 7. Chris Thompson, AFD | 27:52.56 |

WOMEN

Race 1:

1. Chemtai Lonah Salpeter, ISR 31:33.03 NR/WL
2. Ancuta Bobocel, ROU 31:43.12 PB
3. Charlotte Arter, GBR 32:15.71 PB
4. Katarzyna Rutkowska, POL 32:31.40 PB
5. Philippa Bowden, AFD 32:33.10 PB
6. Sophie Duarte, FRA 32:34.07 PB
7. Louise Small, GBR 32:34.73 PB
8. Stevie Stockton, LEEDS 32:35.26 PB
9. Katrina Wootton, COVG 32:37.80
10. Jenny Nesbitt, GBR 32:38.45 PB
11. Emelia Gorecka, AFD 32:39.37 PB
12. Miriam Dattke, GER 32:40.58 PB
13. Natalie Tanner, GER 32:44.52
14. Maitane Melero, ESP 32:50.30 PB
15. Claire Duck, GBR 32:52.85
- ... 18. Sabrina Mockenhaupt, GER 33:00.95

Race 2:

1. Roxana Barca, ROU 32:30.97 PB
2. Viktoriya Kalyuzhna, UKR 33:10.66 PB
3. Valeriya Zinenko, UKR 33:12.30 PB
4. Giovanna Epis, ITA 33:14.71 PB
5. Cristina Simion, ROU 33:20.97 PB

Lange Laufnacht (3rd)

Karlsruhe, GER, 19 May

MEN

800:

Race 1:

1. Arnaud Taki, 1996, LG Nord Berlin 1:52.56
2. Zaid Williams, 1997, RSA, Stellenbosch Athletics Club 1:52.82

WOMEN

1500:

Race 1:

1. Kerstin Hirscher, 1989, TG Viktoria Augsburg 4:32.34
2. Katja Fischer, 1991, LV Pliezhausen 2012 4:34.99
3. Luisa Schrap, 1998, FC Schalke 04 4:36.91

Race 2:

1. Lena Klaassen, 1991, TSV Bayer 04 Leverkusen 4:23.60
2. Nada Ina Pauer, 1986, VfB LC Friedrichshafen 4:24.76
3. Esther Jacobitz, 1997, LAV Bayer Uerdingen/Dormagen 4:25.47
- ... 6. Thineke Cloete, 1991, RSA, Stellenbosch Athletics Clu 4:26.59

adidas Boost Games

Cambridge, USA, 19 May (Day 1)

Boston, USA, 20 May (Day 2)

MEN

Elite 800:

1. Brandon McBride, adidas (CAN), 1:45.18 SB

2. Marcin Lewandowski, adidas (POL), 1:46.11
3. Jonathan Kitilit, KEN, 1:46.35

Elite Mile:

1. Drew Hunter, adidas, 3:56.72 PB
2. Chris O'Hare, adidas (GBR), 3:57.17
3. Charles Simotwo, KEN, 3:59.24
4. Brimin Kiprotich, KEN, 3:59.43 PB
5. John Simons, Wisconsin Run, 3:59.63
6. Nick Willis, adidas (NZL), 4:00.29

3000:

1. Cyrus Rutto, adidas (KEN), 7:45.64 WL
2. Hagos Gebrhiwet, adidas (ETH), 7:46.20
3. Muktar Edris, adidas (ETH), 7:46.98
4. Leonard Bett, adidas (KEN), 7:47.59
5. Rhonex Kipruto, 1999, adidas (KEN), 7:48.08

WOMEN

800:

Elite Section:

1. Ajee' Wilson, adidas, 1:59.27 SB
2. Natoya Goule, adidas (JAM), 1:59.43
3. Raevyn Rogers, Nike, 2:01.86
4. Hannah Segrave, GBR, 2:04.27
5. Carly Muscaro, Unattached, 2:04.73
- Lynsey Sharp, GBR, DNF (59.66 at 400)

1500:

1. Dawit Seyaum, adidas (ETH), 4:04.65
2. Charlene Lipsey, adidas, 4:04.98
3. Karoline Grøvdal, adidas (NOR), 4:06.18
4. Dominique Scott-Efurd, adidas (RSA), 4:07.20 PB
5. Cory McGee, Team New Balance, 4:07.60

5000:

1. Caroline Kipkirui, adidas (KEN), 15:55.24 SB
2. Fotyen Tesfay, adidas (ETH), 15:55.75
3. Daisy Jepkemei, adidas (KEN), 15:55.95

National Junior College Athletic Association Div. I Championships

El Dorado, USA, 17-19 May

MEN

5000 (20):

Sec. 1:

1. Davonte Jett-Reynolds, FR-1, Central Arizona 15:15.77
2. Daniel Rotich, SO-2, Ranger 15:21.87
3. Duncan Gakuru, FR-1, Johnson County CC 15:29.87

Sec. 2:

1. Thobile Mosito, SO-2, Cloud County CC (RSA) 15:10.50
2. Ayrton Ledesma, FR-1, Gillette 15:10.91
3. Daniel Haymes, SO-2, Trinidad State JC 15:12.38

10000 (17):

1. Thobile Mosito, SO-2, Cloud County CC (RSA) 31:32.68
2. Andrew Bosquez, FR-1, South Plains 31:43.28
3. Daniel Haymes, SO-2, Trinidad State JC 31:49.09

3000 s/chase (18):

1. Ayrton Ledesma, FR-1, Gillette 9:17.07
2. Moses Dirane, SO-2, Cloud County CC 9:18.66
3. Thobile Mosito, SO-2, Cloud County CC (RSA) 9:26.76

USATF Distance Classic

Los Angeles, USA, 17 May

MEN

1500:

Section 1:

1. John Gregorek, Asics, 3:36.95
2. Jordan Gusman Telford/Saucony/Bankstown TP (AUS), 3:37.52 PB
3. Hassan Mead, Nike Oregon TC Elite, 3:38.32

Section 2:

1. Matthew Centrowitz, Nike Oregon Project, 3:38.99
2. Kyle Merber, Hoka Njnytc, 3:39.15
3. Colby Alexander, Hoka Njnytc, 3:39.74

WOMEN

800:

Section 1:

1. Adrea Propp, Vic City Elite (CAN), 2:04.16 PB
2. Julia Stepanova, RUS, 2:04.35
3. Alisha Brown, Oiselle, 2:05.64

Section 2:

1. Lindsey Butterworth, New Balance (CAN), 2:02.20
2. Meghan Manley, Central Park TC New Balance, 2:03.71
3. Lynsey Sharp, adidas (GBR), 2:03.84
4. Laurence Cote, CAN, 2:04.26

Section 3:

1. Ce'Aira Brown, Hoka Njnytc, 2:00.38
2. Hanna Green, Nike Oregon TC Elite, 2:01.40
3. Brenda Martinez, New Balance, 2:02.03
4. Laura Roesler, Nike, 2:03.46

1500:

Section 1:

1. Shannon Osika, Nike, 4:09.38 1
2. Danielle Aragon, Hoka Njnytc, 4:09.57 PB
3. Dana Mecke, Texas Elite Track Club, 4:11.55 PB

British Milers Club Grand Prix - Sportcity

Manchester, GBR, 12 May

Note: The big news here was a 1:47.50 800 by 15-year-old Max Burgin. --Ed.

MEN

800:

Race A:

1. Max Burgin, Halifax (2002), 1:47.50 PB
2. Spencer Thomas, Brighton Phoenix, 1:47.76 PB
3. Žan Rudolf, Slovenia, 1:48.11,

1500:

Race A:

1. Ossama Meslek, Leeds City/Huddersfield Uni/Italy, 3:42.15 PB
2. Andrew Smith, Pudsey & Bramley/York St John University/Blackheat, 3:43.75 PB
3. Jonathan Hay, Aldershot, Farnham & District, 3:44.00 SB

5000:

Race A:

1. Philip Sesemann, Blackheath & Bromley/Leeds Uni, 13:59.27 PB
2. Sol Sweeney, Perth Strathtay/Glasgow Uni, 14:03.91 PB
3. Jack Morris, Stockport, 14:06.77 PB

2000 s/chase:

1. Alfred Yabsley, MK Distance Project, 5:50.04 PB
2. Chris Perry, Vale Royal/Loughborough Students/Liverpool H, 5:52.10 PB
3. Ben Thomas, Carmarthen, 5:57.89 PB

WOMEN

800:

Race A:

1. Laura Maddox, Swansea/Nottingham Trent Uni, 2:03.86 PB
2. Jemma Reekie, Kilbarchan, 2:03.91 PB
3. Leah Barrow, Windsor Slough Eton & Hounslow/Leeds Beckett Uni, 2:04.70 SB

1500:

Race A:

1. Sarah Healy, Ireland, 4:15.53 PB
2. Anna Silvander, Stockport/Sweden, 4:16.93 SB
3. Sophie Connor, Shaftesbury Barnet, 4:17.03 SB

5000:

1. Claire Duck, Leeds City, 15:39.68 PB
2. Stevie Stockton, Leeds City/Loughborough Students, 15:41.11 PB
3. Jessica Judd, Chelmsford/Loughborough Students, 15:49.54 SB

2000 s/chase:

1. Elise Thorner, Wells City/Millfield Sch/Yeovil, 6:52.68 PB
 2. Sarah Tait, Lasswade, 7:05.74 PB
 3. Roisin Treacy, Ireland, 7:26.08 PB
-

STATS TIME

This week we include a list of the top ten SA women's performances in the 10000 m for 2018.

2018 10000 METRES: TOP 10 WOMEN'S PERFORMANCES

32:59.05	Glenrose Xaba	1	Pretoria	23 Feb
35:33.55	Sherilene Gelderblom	26	Raleigh	30 Mar
35:41.72	Annie Bothma	29	Raleigh	30 Mar
35:55.83	Cherise Sims	1	Pretoria	17 Mar
35:59.15	Ashleigh Simonis	8rB	Raleigh	30 Mar
36:32.08	Lesego Mpshe	2	Pretoria	17 Mar
37:01.06	Cornelia Joubert	3	Pretoria	17 Mar
37:07.12	Louzanne Coetzee	4	Pretoria	17 Mar
37:33.23	Hanli Etsebeth	5	Pretoria	17 Mar
37:39.25	Coetzee-2	1	Bloemfontein	17 Feb

THIS MONTH IN HISTORY

46 years ago: 27 May 1972

International competition for South Africans in the seventies was quite rare. Having already set three SA records for 1500 m, one for the 5000 m and one for the mile (3:56.4, a world-leading performance) in 1972, Fanie van Zijl made the most of his opportunity at the 31st running of the California Relays in Modesto. Wearing his PUK (Potchefstroom University) colours, Van Zijl -- SA champion in both the 1500 m and 5000 m -- delivered a superb performance against top Americans and improved his national record to 3:56.0, with Juris Luzins second in 3:58.2 and Duncan MacDonald third in 3:58.4, both personal bests. At the end of the year Van Zijl's time was the fourth fastest in the world, with the world list being led by Jim Ryun's 3:52.8.

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	81:06	Lucky Mohale	Pretoria	12 May
	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	67:13	Richard Mavuso	Polokwane	19 May
	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		

Masters (50+)

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	99:31	Joseph Ndlovu	Pretoria	12 May
	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		

Grandmasters (60+)

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	85:12	Mochamat Kriel	Cape Town	13 May
	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

100 km	2:36:30	Yoshihisa Hosaka (JPN) 2009		
	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	97:09	Johannes Phoo	Polokwane	19 May
	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		
<u>Juniors</u>				
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	68:44	Sakhile Dhladhla	Polokwane	19 May
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
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	96:16	Charné Bosman (vet)	Pretoria	12 May
	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		
<u>Veterans (40+)</u>				
10 km	36:15	Tanith Maxwell	Cape Town	07 Mar

15 km	32:14	Priscilla Welch (GBR) 1985		
	58:02	Charné Bosman	Jeffreys Bay	06 Jan
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	80:15	Tanith Maxwell	Wellington	01 May
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
25 km	69:37	Deena Kastor (USA) 2014		
	96:16	Charné Bosman	Pretoria	12 May
30 km	85:15	Colleen de Reuck (USA) 2005		
	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
Marathon	1:49:40	Yoshimi Hoshino (JPN) 2007		
	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		
<u>Masters (50+)</u>				
10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		
21.1 km	93:04	Judy Bird	Bedfordview	14 Jan
	92:19A	Sandra Kohnert	Simon's Town	18 Feb
	75:18	Linda Somers (USA) 2011		
25 km	2:04:42	Ansie Breytenbach	Pretoria	12 May
	1:56:28A	Christine Claasen	Somerset East	21 Apr
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:20:14	Christine Claasen	Uitenhage	03 Mar
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon	3:23:52	Maya Lawrie	Pietermaritzburg	25 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:27	Margie Saunders	Port Elizabeth	07 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	99:45	Hanlie van der Westhuizen	Port Elizabeth	03 Feb
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:26:52	Annatjie Botes	Sedgefield	10 Mar
	2:15:30	Kathryn Martin (USA) 2012		
Marathon	3:37:54	Nancy Will	Fish Hoek	27 Jan
	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI) 2009		
100 km	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha Herbert	Constantia	10 Mar
	72:52	Jo Klein (NED) 2004		

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	Liz Jenkerson	Uitenhage	03 Mar
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:50:46	Willemien Smuts	Sasolburg	03 Feb
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Micketta (GER) 2013		
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	36:04	Nicole Louw	Port Elizabeth	05 May
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	80:48	Lesego Mpshe	Polokwane	19 May
	67:57	Abebu Gelan Adugna (ETH) 2009		

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