

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

Two South Africans delivered outstanding performances at the Prefontaine Classic meeting in Eugene, the third leg of the IAAF Diamond League, on Saturday. Caster Semenya scored another impressive win in the 800 metres, in 1:55.92, the world's fastest for the year, the fastest ever on US soil and just 0.76 sec short of her national record. She rather easily disposed of Ajee' Wilson (1:56.86) and Francine Niyonsaba (1:56.88). In the 5000, won in another world lead of 14:26.89 by Genzebe Dibaba, Dominique Scott-Efurd finished eighth in a new personal best of 15:10.23. She is now just a little more than two seconds behind the third runner on the SA all-time list, Gwen Griffiths (15:08.05).

But the most dramatic performance of the meeting was probably that of the 17-year-old Norwegian Jakob Ingebrigtsen, who certainly wasn't overawed by the mighty Africans in the Bowerman Mile and finished fourth in a new world u.18 and European u.20 record of 3:52.28. The winner was Timothy Cheruiyot in 3:49.87, a world lead; eleven men dipped under 4 minutes (the same number did so in the national mile, where Jakob's elder brother Henrik was 11th in 3:58.72).

The meeting was a rather poignant occasion, as it was the last held in the famed 97-year-old Hayward Field Stadium. The facility will now be torn down to construct a stadium for the 2021 World Championships.

In Port Elizabeth Melikhaya Frans and Ntombesintu Mfunzi used excellent conditions to successfully defend their Eastern Province half-marathon titles in 1:04:05 and 1:27:05 respectively. Margie Saunders, who does not race that much these days, shattered the previous list leader for grandmasters with her 1:34:29. Only two veterans and one master finished ahead of her.

Fast times were returned in the Africa Day Half Marathon in East London (results in DRR 18:19). According to reports received by DRR, the course was between 200 m and 300 m short. Last year the race was run on the certified course used for the 2013 SA Half Marathon, but instead of running on the same course again, for some reason a different one was used this year.

Two runners indicated in the results of the Diacore Gaborone Marathon in last week's DRR as being South Africans are in fact from Zimbabwe: Isaac Mpofu, who was second, and Nqonidzashe, who was third.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Panamor Gel Eastern Province Half-marathon Championships & 10 km, Port Elizabeth
- * eMadadeni Half Marathon & 10 km, Newcastle

International highlights:

- * Tribuna FM 10 km, Santos, BRA
 - * Lattelecom Riga Marathon, Riga, LAT
 - * Moscow Half Marathon, Moskva, RUS
 - * Popular Brooklyn Half Marathon, Brooklyn, USA
 - * Grand Prix von Bern, Bern, SUI
 - * Mattoni Karlovy Vary Half Marathon, Karlovy Vary, CZE
 - * Dalian Marathon, Dalian, CHN
 - * Track: Prefontaine Classic, Eugene, USA; Seiko Golden Grand Prix, Osaka, JPN; Internationales Sportfest, Rehlingen, GER; Georgia Meet Of Champions, Marietta, USA; Swarthmore Final Qualifier Meet, Philadelphia, USA
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ROAD RUNNING**Panamor Gel Eastern Province Half-marathon Championships & 10 km**

Port Elizabeth, 26 May

(Distances: 21.1 km & 10 km; the half marathon a flat out-and-back course with a loop at approx. 12 km; 10 km course configuration unknown. Weather: cool and no wind; perfect conditions. Finishers: half marathon --710 [up from 687 last year]; 10 km -- 295 [up from 216].)

Half marathon**MEN**

1	Melikhaya	Frans	Ikhamba AC	28	1:04:05
2	Zolani	Mabhongo	Ikhamba AC	31	1:07:01
3	Luyanda	Tshangana	Ikhamba AC	34	1:07:15
4	André	Ketchem	Xcel AC	34	1:07:34
5	Mariano	Eesou	Madibaz AC	26	1:08:00
6	George	Ntshiliza	Nedbank RC	38	1:09:19
7	Gift	Chigomarawa	ZIM/Nedbank RC	30	1:10:26
8	Mzolisi	Makhanda	Nedbank RC	35	1:10:28
9	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	1:11:04
10	Xolisa	Ndlumbini	Vukani MS Club	35	1:11:34
11	Vuyolwethu	Selana	SAPS AC EP	22	1:12:42
12	Ricardo	Plaatjies	Xcel AC	35	1:12:49
13	Masixole	Xayiya	SANDF AC EP	24	1:13:03
14	Thando	Ncipha	SAPS AC EP	26	1:13:06
15	Zolile	Mhlahlo	Achilles AAA	43	1:13:34
16	Anele	Maliza	Nedbank RC	40	1:13:55
17	Mputumi	Ngedle	Old Mutual AC	40	1:14:11
18	Kevin	Gasebo	Transnet Eng EP	38	1:14:24
19	Sinethemba	Mirele	SAPS AC EP	21	1:14:42
20	Mpho	Lehanya	SAPS NC	30	1:15:03

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	41	1:11:04
2	Zolile	Mhlahlo	Achilles AAA	43	1:13:34
3	Anele	Maliza	Nedbank RC	40	1:13:55

45-49:

1	Terrance	Mjekula	Tinarha AC	45	1:16:22
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2	Noel	Adams	Gelvan AC	45	1:19:06
3	Sandiso	Ngxishe	Nmb Mun	48	1:21:54

50-54:

1	Desmond	Zibi	Achilles AAA	54	1:15:04
2	Mutekile	Rasmeni	Nedbank RC	53	1:23:34
3	Sithembiso	Yozo	Nedbank RC	54	1:23:48

55-59:

1	Darrell	Wicht	Madiba BW	55	1:19:48
2	Bennie	Stadler	Achilles AAA	55	1:24:21
3	Ian	Patterson	Muirite Strider	55	1:33:25

60-64:

1	Alan	Taylor	Achilles AAA	60	1:27:39
2	Clifford	Hicken	Nedbank RC	60	1:32:40
3	Sticks	Stiglingh	Kowie Striders	63	1:32:53

65-69:

1	Albert	Ngcanga	Xcel AC	68	1:35:02
2	Hannes	Els	Madiba BW	68	1:35:24
3	Sizinz	Kama	Achilles AAA	66	1:38:30

70-74:

1	Lochi	Lochner	Charlo AC	70	1:47:19
2	Robert	Joiner	Kowie Striders	71	2:13:28
3	Tom	D'arcy	Achilles AAA	72	2:14:21

Juniors:

1	Anele	Voorman	Nedbank RC	18	1:19:43
2	Elroy	Claassen	Charlo AC	18	1:39:56

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	36	1:27:05
2	Siphokazi	Nojoko	Motherwell AC	23	1:27:20
3	Liza-Marie	Kingston	Nedbank RC	36	1:28:42
4	Adri	Wessels (1st vet)	St Albans AC	42	1:29:43
5	Ndileka	Mvakwendlu	Tinarha AC	27	1:31:05
6	Kelly	Van Vliet	Temp	30	1:31:07
7	Asanda	Zamisa	Achilles AAA	34	1:32:22
8	Davera	Magson	Nedbank RC	43	1:33:01
9	Pearl	Prinsloo	Elite AC	39	1:33:22
10	Christine	Claasen (1st mast)	Achilles AAA	53	1:33:33
11	Margie	Saunders (1st g'mast)	Nedbank RC	64	1:34:29
12	Terri-Lynn	Penney	Nedbank RC	41	1:35:20
13	Terray	Newcombe	Elite AC	27	1:36:28
14	Amore	Strauss	Charlo AC	33	1:38:28
15	Cindy	Forbes	Charlo AC	40	1:38:58
16	Jene	Banfield	Bluewater Bay	47	1:39:27
17	Dawn	Black	Achilles AAA	37	1:39:30
18	Michelle	Van der Watt	Elite AC	51	1:40:12
19	Wilmeri	Potgieter	Crusaders AC	27	1:42:40
20	Priscilla	Dyantyi	Nedbank RC	44	1:42:54

40-44:

1	Adri	Wessels	St Albans AC	42	1:29:43
2	Davera	Magson	Nedbank RC	43	1:33:01
3	Terri-Lynn	Penney	Nedbank RC	41	1:35:20

45-49:

1	Jene	Banfield	Bluewater Bay	47	1:39:27
2	Toegeda	Vyver	Nedbank RC	46	1:43:41
3	Cathy	Curtain	Muirite Strider	47	1:50:16

50-54:

1	Christine	Claasen	Achilles AAA	53	1:33:33
2	Michelle	Van der Watt	Elite AC	51	1:40:12
3	Buyelwa	Kobokana	Nedbank RC	53	1:46:58

55-59:

1	Sandy	Glover	Temp	57	1:51:42
2	Rosemary	Joubert	32Gi EP AC	57	1:57:57
3	Cathy	Allers	Elite AC	56	2:06:25

60-64:

1	Margie	Saunders	Nedbank RC	64	1:34:29
2	Christine	Snyman	Despatch AC	62	1:59:59
3	Martie	Boesenberg	Agape RC	61	2:22:08

65-69:

1	Renee	Hawkridge	Bluewater Bay	67	1:51:40
2	Cathy	Ives	Achilles AAA	65	2:10:22
3	Avril	Beyleveld	Kowie Striders	66	2:15:06

70-74:

1	Liz	Jenkerson	Muirite Strider	71	2:12:12
2	Ronelle	Steyn	Nedbank RC	74	2:15:21
3	Marlene	Wiese	Kowie Striders	72	2:23:19

Juniors:

1	Karen	Ndhlovu	Temp	18	2:39:30
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10 km

MEN

1	Adriaan	Gerwel	Ikhamva AC	22	31:19
2	Zolani	Ngqaqa	Tinarha AC	29	31:35
3	Brendon	Effenaar	Nedbank RC	22	33:31

Juniors:

1	Tumelo	Monyane	Tinarha AC	18	37:48
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WOMEN

1	Luthando	Nxanisa	Ikhamva AC	25	40:11
2	Kayla	Nell	Temp	24	44:45
3	Zimkitha	Hoza	Ikhamva AC	23	45:32

Juniors:

1	Jastine	Van der Berg	SAPS AC EP	16	1:03:41
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eMadadeni Half Marathon & 10 km

Newcastle, 20 May

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Bonginkosi Mavuso	Nedbank AC	68:03
2.	Matekase Lefatsa	Phuma	69:01
3.	Siphesihle Masondo	Utrecht AC	69:23
4.	Lindokuhle Sithole	Phantane AC	69:44
5.	Ncedisani Phunula	Hollywood Bets	70:22

WOMEN

1.	Bathobile Mkhize	Ind	83:54
2.	Zama Mokoena	Nedbank AC	84:28
3.	Nontokozi Mkhize	Ind	84:56

4. Zihle Shabalala	Klip River Striders	89:55
5. Xilile Madida	Natal Carbineers	93:16

10 km

MEN

1. Nkosinathi Sibiya	Ind	30:43
2. Sibusiso Kubheka	Nedbank AC	30:57
3. Ayanda Ngcobo	Phantane AC	31:14

WOMEN

1. Makosi Mhlongo	Boxer AC	37:01
2. Thobile Mkhize	Ind	37:34
3. Nwabisa Mjoli	Hollywood Bets	38:01

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**Tribuna FM 10 km** (33rd)

Santos, BRA, 20 May

(Distance: 10 km [course certification unknown])

MEN

1. Maxwell Kortek Rotich, Fila (UGA)	27:22 CR*
2. Paul Kipkorir Kipkemoi, KEN	28:17
3. Giovanni dos Santos, BRA	28:37

WOMEN

1. Paskalia Chekorir, KEN	32:15
2. Muriel Coneo Paredes, COL	33:31
3. Franciane dos Santos Moura, BRA	33:42

Latt telecom Riga Marathon (28th)

(IAAF Bronze Label Road Race)

Riga, LAT, 20 May

(Distance: 42.195 km [3 x 14.1 km loop])

MEN (gun times)

1. Tsedat Abeje Ayana, ETH, 1996	2:11:00 CR*
2. Silas Kiprono Too, KEN, 1988	2:11:13
3. Joseph Kyengo Munywoki, KEN, 1992	2:13:10

WOMEN (gun times)

1. Georgina Rono, KEN, 1980	2:28:22 CR*
2. Tigist Teshome Ayanu, ETH, 1987	2:32:46
3. Pauline Nujeri Kahenya, KEN, 1985	2:34:41

Moscow Half Marathon

Moskva, RUS, 20 May

(Distance: 21.1 km [course configuration and certification unknown])

MEN (gun times)

- | | |
|---------------------------------|---------|
| 1. Rinas Akhmadiyev (25.05.89) | 1:03:19 |
| 2. Iskander Yadgarov (12.03.91) | 1:03:20 |
| 3. Stepan Kiselev (03.11.86) | 1:03:29 |
| 4. Aleksey Reunkov (28.01.84) | 1:03:58 |
| 5. Mikhail Kulkov (04.07.85) | 1:05:07 |

WOMEN (gun times)

- | | |
|---------------------------------|---------|
| 1. Alina Prokopyeva (16.08.85) | 1:13:24 |
| 2. Louise Dmitriyeva (05.05.91) | 1:13:41 |
| 3. Irina Sergeyeva (25.12.87) | 1:14:02 |
| 4. Marina Kovalyova (19.09.84) | 1:14:49 |
| 5. Yuliya Konyakina (07.11.89) | 1:15:13 |

Popular Brooklyn Half Marathon (38th)

Brooklyn, NY, USA, 19 May

(Distance: 21.1 km, certified point-to-point course from Prospect Park to Coney Island Boardwalk; not record-eligible with 2.1 m/km elevation loss and 52% start/finish separation)

MEN (gun times)

- | | | |
|---|---------|--------|
| 1. Fikadu Girma Teferi, 24, West Side Runners (ETH) | 1:04:20 | \$1000 |
| 2. Birhanu Dare Kemal, 31, West Side Runners (ETH) | 1:05:54 | 700 |
| 3. Harbert Okuti, 32, Westchester TC (UGA) | 1:06:07 | 500 |

WOMEN (gun times)

- | | | |
|--|---------|--------|
| 1. Askale Merachi, 31, Urban Athletics (ETH) | 1:12:26 | \$1000 |
| 2. Deena Kastor, 45, ASICS | 1:15:13 | 700 |
| 3. Erika Fluehr, 24, New York Athletic Club | 1:16:02 | 500 |

Grand Prix von Bern (37th)

Bern, SUI, 19 May

(Distance: 10 miles; loop course)

MEN (extended net times)

- | | |
|-------------------------------|---------|
| 1. Kenenisa Bekele, ETH | 46:46.2 |
| 2. Tadesse Abraham, SUI | 48:23.9 |
| 3. Sylvester Kipchirchir, KEN | 49:44.0 |

WOMEN (extended net times)

- | | |
|---------------------------|---------|
| 1. Martina Strähl, SUI | 53:49.6 |
| 2. Maja Neuschwander, SUI | 57:25.3 |
| 3. Laura Hrebec, SUI | 59:40.5 |

Mattoni Karlovy Vary Half Marathon (6th)

(IAAF Gold Label Road Race)

Karlovy Vary, CZE, 19 May

(Distance: 21.1 km [evening start at 18h00])

MEN (gun times)

1. Roman Romanenko, UKR 1:03:58 € 1500
2. Houssame Benabbou, ESP 1:04:16 750
3. Serhiy Lebid, UKR 1:05:08 500

WOMEN (gun times)

1. Eva Vrabcová, CZE 1:11:54 € 1500 + CZK 27,000#
2. Olha Kotovska, UKR 1:16:16 750
3. Kristýna Dvoráková, CZE 1:17:46 500 + CZK 8,000

#) Czech prize money includes CZK 5000 bonus for new Czech course record and CZK 10 000 for sub-1:14:00.

Dalian Marathon

(IAAF Bronze Label Road Race)

Dalian, CHN, 13 May

(Distance: 42.195 km)

MEN (gun times)

1. Edwin Kibet Koech, KEN, 2:09:44
2. Willy Ngelel Kiplangat, KEN, 2:10:31
3. Habtamu Agga Wegi, ETH, 2:12:17

WOMEN (gun times)

1. Mulu Seboka, ETH, 2:28:59
2. Ednah Mukhwana, KEN, 2:32:07
3. Rodah Jepkorir Tanui, KEN, 2:32:54

TRACK**Prefontaine Classic** (43rd)

(3rd Stop of 2018 IAAF Diamond League)

Historic Hayward Field, Eugene, USA, 25-26 May

MEN

800 (25):

1. Emmanuel Korir (KEN) 1:45.16 SB
2. Nijel Amos (BOT) 1:45.51
3. Wycliffe Kinyamal (KEN) 1:46.14
4. Kipyegon Bett (KEN) 1:46.46 SB
5. Kyle Langford (GBR) 1:46.53
6. Adam Kszczot (POL) 1:46.64
7. Ferguson Cheruiyot (KEN) 1:46.90
8. Erik Sowinski (USA) 1:46.91

Bowerman Mile (26):

1. Timothy Cheruiyot (KEN) 3:49.87 WL
2. Samuel Tefera (ETH) 3:51.26 WJL/PB
3. Elijah Manangoi (KEN) 3:52.18 SB
4. Jakob Ingebrigtsen (NOR/19 Sep 00) 3:52.28 NUR/AJR/PB

5. Clayton Murphy (USA) 3:53.40 SB
6. Matthew Centrowitz (USA) 3:53.61 SB
7. Bethwel Birgen (KEN) 3:54.60 SB
8. Ayanleh Souleiman (DJI) 3:55.87 SB
9. Thiago André (BRA) 3:56.03 SB
10. Aman Wote (ETH) 3:56.49 SB
11. Ben Blankenship (USA) 3:56.67 SB

2 miles (25):

1. Selemon Barega (ETH/20 Jan 00) 8:20.01 WL/WJL/PB
2. Paul Chelimo (USA) 8:20.91 PB
3. Birhanu Yemataw (BRN) 8:21.54 PB
4. Mohammed Ahmed (CAN) 8:22.29 PB
5. Henrik Ingebrigtsen (NOR) 8:22.31 PB
6. Ryan Hill (USA) 8:22.36 PB
7. Eric Jenkins (USA) 8:23.50
8. Ben True (USA) 8:23.76 PB

3000 s/chase (26):

1. Benjamin Kigen (KEN) 8:09.07 WL/PB
2. Conseslus Kipruto (KEN) 8:11.71
3. Evan Jager (USA) 8:11.71 SB [2/1000ths of a second behind Kipruto]
4. Amos Kirui (KEN) 8:15.23
5. Nicholas Bett (KEN) 8:15.52 SB
6. Jairus Birech (KEN) 8:18.76 SB
7. Hillary Bor (USA) 8:21.51 SB
8. Paul Kipsiele Koech (KEN) 8:23.22 SB

WOMEN

800 (26):

1. Caster Semenya (RSA) 1:55.92 WL
2. Ajee' Wilson (USA) 1:56.86 SB
3. Francine Niyonsaba (BDI) 1:56.88 SB
4. Habitam Alemu (ETH) 1:57.78 SB
5. Charlene Lipsey (USA) 1:58.35 SB
6. Margaret Wambui (KEN) 1:58.67
7. Raevyn Rogers (USA) 1:59.36 SB
8. Eunice Sum (KEN) 2:00.41 SB
9. Selina Büchel (SUI) 2:03.15 SB

1500 (26):

1. Shelby Houlihan (USA) 3:59.06 WL/PB
2. Laura Muir (GBR) 3:59.30 SB
3. Jenny Simpson (USA) 3:59.37 SB
4. Rabab Arrafi (MAR) 3:59.51 PB
5. Winny Chebet (KEN) 4:00.60 SB
6. Linden Hall (AUS) 4:00.86 AR/PB
7. Brenda Martinez (USA) 4:02.65 SB
8. Dawit Seyaum (ETH) 4:02.81 SB
9. Beatrice Chepkoech (KEN) 4:05.36
10. Mary Kuria (KEN) 4:06.07
11. Kate Grace (USA) 4:07.10 SB
12. Laura Weightman (GBR) 4:07.48
13. Zoe Buckman (AUS) 4:08.75

5000 (26):

1. Genzebe Dibaba (ETH) 14:26.89 WL

2. Letesenbet Gidey (ETH) 14:30.29 PB
3. Hellen Obiri (KEN) 14:35.03 SB
4. Gudaf Tsegay (ETH) 14:51.30 PB
5. Lillian Rengeruk (KEN) 15:01.15 SB
6. Margaret Kipkemboi (KEN) 15:01.98 SB
7. Meraf Bahta (SWE) 15:10.20
8. Dominique Scott-Efurd (RSA) 15:10.23 PB
9. Rina Nabeshima (JPN) 15:10.92 PB
10. Alice Nawowuna (KEN) 15:11.00 SB

National events

MEN

1 mile (26):

1. Luke Matthews (Aus) 3:57.02 SB
2. Drew Hunter (USA) 3:57.29
3. Henry Wynne (USA) 3:57.61 PB
4. Fouad El Kaam (MAR) 3:58.00 SB
5. Izaic Yorks (USA) 3:58.04 PB
6. Rille Masters (USA) 3:58.12 SB
7. Pat Casey (USA) 3:58.26 SB
8. Colby Alexander (USA) 3:58.38
9. Eric Avila (USA) 3:58.51
10. Blake Haney (USA) 3:58.70 PB
11. Henrik Ingebrigtsen (NOR) 3:58.72 SB

WOMEN

800 (25):

1. Natoya Goule (JAM) 2:00.84
2. Stephanie Brown (USA) 2:01.84
3. Lindsey Butterworth (CAN) 2:02.24

1500 (25):

1. Dani Jones (USA) 4:07.74 PB
2. Alexa Efraimson (USA) 4:08.70 SB
3. Cory McGee (USA) 4:09.09

Seiko Golden Grand Prix

(IAAF World Challenge Meeting)

Osaka (Nagai Stadium), JPN, 20 May

MEN

800:

- | | |
|------------------------------------|---------|
| 1. Mostafa Smaili, MAR | 1:46.18 |
| 2. Sho Kawamoto, JPN | 1:47.22 |
| 3. Abraham Kipchirchir Rotich, BRN | 1:47.82 |

1500:

- | | |
|--------------------------------|---------|
| 1. Ryan Gregson, AUS | 3:37.72 |
| 2. Patrick Casey, USA | 3:39.11 |
| 3. Mohammed Ayoub Tiouali, BRN | 3:39.65 |

WOMEN

800:

- | | |
|------------------------------|---------|
| 1. Emily Cherotich tuei, KEN | 2:00.22 |
| 2. Noélie Yarigo, BEN | 2:01.97 |
| 3. Chrishuna Williams, USA | 2:02.55 |

3000:

1. Shuru Bulo, ETH 8:47.24
2. Hellen Ekarare lobun, KEN 8:48.69
3. Ann Karindi mwangi, KEN 8:50.58

Internationales Sportfest (54th)

Rehlingen, GER, 20 May

MEN

800:

1. Cornelius Tuwei, 1993, KEN, 1:46,20
2. Riadh Chninni, 1997, TUN, 1:46,53
3. Mohammed Aman, 1994, ETH, 1:47,27

1500:

1. Michael Kibet, 1999, KEN, 3:36,37
2. Younéss Essalhi, 1993, MAR, 3:36,58
3. Hillary Ngetich, 1995, KEN, 3:37,23

WOMEN

800:

1. Renée Eykens, 1996, BEL, 2:00,92
2. Renelle Lamote, 1993, FRA, 2:01,24
3. Hedda Hynne, 1990, NOR, 2:02,82

Georgia Meet Of Champions - Elite 800

Marietta High School, Marietta, USA, 19 May

Note: At this high school meet, there were two high-level sections of the men's 800, and one for women. -- Ed.

MEN

Dream 800:

Section 1:

1. Brandon Lasater, Atlanta TC, 1:45.85 PB
2. Edose Ibadin, District TC (NGR), 1:46.01
3. Jesse Garn, Hoka NJ-NY TC, 1:46.17
4. Erik Sowinski, Nike, 1:46.21

Section 2:

1. Neil Gourley, VT Elite, 1:47.90
2. Anthony Rominaw, CAN, 1:48.27
3. Chris Geisting, Hoka NJ-NY TC, 1:48.35

WOMEN

Dream 800:

1. Agnes Abu, GHA, 2:00.87 PB
2. Claudia Saunders, District TC, 2:02.06
3. Maddie Kopp, District TC, 2:02.13

Swarthmore Final Qualifier Meet

Philadelphia, USA, 14 May

WOMEN

1500:

Section 1:

1. Ajee' WILSON, adidas, 4:05.18 PB
2. Charlene LIPSEY, adidas, 4:07.73
3. Angel PICCRILLO, Unattached, 4:16.75

STATS TIME

Following last weekend's fourth running of the FNB Cape Town 12 ONERUN, here is an updated SA all-time top-10 list for both men and women. All secondary performances are also listed.

12 KM: ALL-TIME TOP 10 MEN & WOMEN**MEN**

33:34a	Stephen Mokoka	1	Cape Town	15 May 16
33:42a	Elroy Gelant	3	Cape Town	15 May 16
33:54a	Gelant-2	3	Cape Town	21 May 17
34:08a	Sibusiso Nzima	4	Cape Town	15 May 16
34:09a	Gladwin Mzazi	5	Cape Town	15 May 16
34:10a	Mzazi-2	4	Cape Town	21 May 17
34:10a	David Manja	5	Cape Town	21 May 17
34:17a	Mokoka-2	9	Cape Town	20 May 18
34:23	Matthews Motshwarateu	2	Spokane	01 May 88
34:35a	Joel Mmone	10	Cape Town	20 May 18
34:38a	Mzazi-3	11	Cape Town	20 May 18
34:38a	Thabang Mosiako	12	Cape Town	20 May 18
34:43a	Mokoka-3	6	Cape Town	21 May 17
34:50a	Ashley Johnson	1	Evansville	12 May 90
34:51a	Gelant-3	5	Cape Town	17 May 15
34:54	Johannes Mabitle	(10) 4	Spokane	05 May 96

WOMEN

38:39a	Elana Meyer	2	San Francisco	16 May 99
38:42a	Colleen de Reuck	1	San Francisco	21 May 00
38:48	De Reuck-2	1	Spokane	05 May 96
38:56a	Meyer-2	1	San Francisco	19 May 96
39:20a	De Reuck-3	2	San Francisco	16 May 93
39:21a	Lebo Phalula	3	Cape Town	17 May 15
39:23	Meyer-3	1	Spokane	06 May 01
39:34a	Lebogang Phalula	4	Cape Town	17 May 15
39:40a	Irvette van Zyl	1	Cape Town	15 May 16
39:53a	Kesa Molotsane	3	Cape Town	20 May 18
40:03a	Glenrose Xaba	5	Cape Town	20 May 18
40:09a	Nolene Conrad	6	Cape Town	20 May 18
40:10a	Lebo Phalula-2	2	Cape Town	15 May 16
40:29a	Conrad-2	7	Cape Town	17 May 15
41:08a	Conrad-3	2	Cape Town	21 May 17
41:14a	Lebogang Phalula-2	4	Cape Town	15 May 16
41:14a	Maria Shai	3	Cape Town	21 May 17
41:20a	Lebogang Phalula-3	4	Cape Town	21 May 17
41:23a	Zintle Xiniwe	(10) 8	Cape Town	17 May 15

THIS MONTH IN HISTORY

30 years ago: 6 May 1988

The date of 6 May 1954 is indelibly etched in athletics history as the day when Roger Bannister ran the first four-minute mile. But the same date, although 34 years later, is also a significant one in South African road running. This was the occasion of the first running of the Safari Half Marathon in Wellington, which was held for the 31st time on the first day of this month. Xolile Yawa, who three weeks earlier had won his fourth successive SA 10000-metre title, scored an impressive victory in 63:06 -- beating Matthews Temane by almost two minutes! Although there have been course changes over the years, this time remains the fastest ever recorded in the race. About ten weeks later Yawa would win his second national half-marathon title in 61:58. The women's race went to Marinda Lamprecht in 82:36; the best time ever in the Wellington event is the 73:46 run by Elana Meyer in 1993.

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 26:44	Sibabalwe Gladwin Mzazi Leonard Patrick Komon (KEN) 2010	Port Elizabeth	07 Apr
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
21.1 km	41:13 61:26 58:23	Leonard Patrick Komon (KEN) 2010 Stephen Mokoka Zersenay Tadese (ERI) 2010	Valencia	24 Mar
25 km	81:06 81:02A	Lucky Mohale Mhlakwana Nkoshona	Pretoria Pinetown	12 May 28 Jan
30 km	71:18 1:38:53 87:13** 87:13**	Dennis Kipruto Kimetto (KEN) Nkosinathi Madyo Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016	Uitenhage	03 Mar
Marathon	2:09:31 2:02:57	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	31:37 27:48	Simphiwe Zulu Bernard Lagat (USA) 2015	Durban	15 Apr
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	67:13 61:09	Richard Mavuso Haile Gebrselassie (ETH) 2013	Polokwane	19 May
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:43:15	Mzwanele Maphekula	Uitenhage	03 Mar
	1:41:42A	Mthandazo Qhina	Camps Bay	14 Jan
Marathon	89:45	Mark Kiptoo Kosgei (KEN) 2016		
	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	75:04	Desmond Zibi	Port Elizabeth	26 May
	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		
<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	85:12	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
	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	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
	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	96:16	Charné Bosman	Pretoria	12 May
	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 34:14	Judy Bird Linda Somers (USA) 2011	Port Elizabeth	05 May
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	2:04:42 1:56:28A 96:58	Ansie Breytenbach Christine Claasen Colleen de Reuck (USA) 2016	Pretoria Somerset East	12 May 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		

Grandmasters (60+)

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	94:29 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	26 May
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		

Great grandmasters (70+)

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		

Juniors

10 km	36:04 31:29	Nicole Louw Karoline Bjerkeli Grovdal (NOR) 2009	Port Elizabeth	05 May
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15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	80:48 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

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