

# Distance Running Results

Vol. 18, No. 22 – 11 June 2018

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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.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

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## EDITORIAL

Bongmusa Mthembu was "supposed" to win the 2018 Comrades; after all, he was the favourite of many experts and enthusiasts. But Ann Ashworth winning the women's race? She was good for a gold medal, certainly, but winning?!

Well, that was exactly what the 34-year-old advocate did, finishing her seventh Comrades in 6:10:04 to easily dispose of her more illustrious rivals in the fastest time since Elena Nurgalieva ran 6:07:12 for the 2012 "down" run (on a course more than 900 metres shorter). Ashworth beat the big favourite, Two Oceans Marathon champion Gerda Steyn, by 5½ minutes after taking the lead -- too early, according to most pundits -- after 3 hours 30 minutes of running.

Despite the longer course (90.184 km compared to 89.208 km), the first four women ran faster than Charné Bosman's winning 6:25:55 in the 2016 down run. Alexandra Morozova (RUS) was third in 6:20:21 and debutante Tanith Maxwell fourth in 6:20:33.

Mthembu, who also won last year's "up" run, crossed the finish line in 5:26:34 to beat Joseph Mphuthi by 8:35 -- the biggest winning margin since Claude Moshiiwa beat Jonas Buud by 9:12 in 2013. Mthembu has now firmly established himself as South Africa's premier ultrarunner after becoming the first male since Stephen Muzhingi (ZIM) in 2011 to score three wins, and the first South African to do so since Bruce Fordyce in 1983. On top of this, two years ago he also broke Fordyce's venerable 100 km national record when finishing second, in 6:24:05, in the IAU World 100 km Championships.

In his last five Comrades outings Mthembu has now finished 1st (the 2014 down run), 17th, 3rd, 1st and 1st.

Comparatively speaking, the men's race was not as fast as the women's, but exciting nonetheless, with the outcome being in the balance until Mthembu, who won last year's up race by more than three minutes, put in a surge on the last big incline, Cowies Hill, at around the 70 km mark. Until then he had been running with the last downhill winner (and record holder), David Gatebe, Edward Mothibi, three-time Two Oceans winner Marko Mambo (ZIM) and Mphuthi.

The first real action in the men's race, after the 05:30 start in front of the Pietermaritzburg City Hall and the initial over-eager pacesetters had been swallowed up, came from Richard Mavuso, the 1999 SA cross-country champion over 4 km, who took the lead after 1 hour 45 minutes of running. Mavuso, who clocked over 7 hours in last year's race, was soon joined

by a huge group that included Mthembu, Charles Tjiane, Gatebe, Ludwick Mambolo and Mike Fokoroni (ZIM), the 2016 Two Oceans champion.

On the downhill to the halfway mark Mavuso surged away from the group, which had now been reduced to ten. He reached "halfway" in Drummond in 2:41:32, followed 23 seconds later by Fokoroni, Mambo, Mothibi, the Ethiopian Kebede Aberra Dinke, Gatebe, Mthandazo Qhina, Mthembu and Thulane Magagula in close proximity of one another. (Drummond, deep in the valley after the Inchanga hill, is the traditional halfway mark, although this year the real halfway was located about a kilometre further up the road, on the climb out of Drummond.)

Over the next few kilometres the leading group was thinned out to seven, but a new member had joined: Teboho Sello (LES), who was seventh last year. Then Mambo, now 46 years old, broke away and made a gap of 40 m. He crossed the timing mat at Winston Park (57.6 km) in 3:31:57, followed 14 seconds later by Mphuthi, Mothibi, Mthembu, Gatebe, Dinke and Sello. Gordon Lesetedi had moved into eighth, with 2015 champion Gift Kelehe in ninth and Fokoroni, who was fourth in the last down run, in tenth.

Mambo soon stretched his lead to 100 m, but by Kloof, 540 m above sea level, he had been caught and down Field's Hill, the last major downhill on the down route, Gatebe -- looking ominously comfortable -- Mthembu and Mothibe surged away. They stayed together through Pinetown, sharing water sachets, and at 69 km they were 22 seconds ahead of Mambo and another 8 seconds in front of Mphuthi. Sello was now a massive 2:46 behind, and Lesetedi another 29 seconds in arrears.

Then, with the clock showing 4:15, Mthembu decided it was time to go. Using the shady, winding climb up Cowies Hill (it had become progressively warmer and more humid the closer the runners came to Durban, and he was dousing himself with water at every opportunity), Mthembu effortlessly sped away. He had started his final bid for victory a bit later than when he won in 2014, but again there was no stopping him.

Going through Mayville (81.3 km) in 4:53:32, Mthembu was already almost five minutes ahead and although he was starting to tire and the record was out of sight, he was still moving smoothly and increasing his lead all the time. Behind him Mothibi had moved into second and, launching a late charge, Briton Steven Way had moved into fifth ahead of a struggling Gatebe, who had been so majestic in the last down run. Way, ninth last year, was 8:19 behind the leader, and he was followed further down the road by Gatebe, Lesetedi, Sello, Kelehe and Nkosinathi Duma to round out the top ten.

Way, who said that he trained on a treadmill to get hill training in, since there are no hills near his home, was not done yet. Over the last 5 km he charged past Mambo and Mothibi, who was slowing dramatically, but he failed to catch Mphuthi by 18 seconds as they took the first two veteran places in 5:35:09 and 5:35:27 respectively.

Gatebe, not close to the form that took him to the record of 5:18:19 in 2016, faded to eighth in 5:42:43. Kelehe, ninth, achieved his sixth gold medal in his last eight starts. American Geoff Burns, the course record holder of the Mad City 100 km, finished his first Comrades in twelfth position (5:49:04).

There were seven South Africans in the top ten, compared to eight in the last down run and only five last year.

"I am very emotional about this win," said Mthembu, who was a bricklayer before he started running, "because the Comrades means so much to me. The experience of my previous victory helped me a lot. I decided in Pinetown to break away from the others. The down Comrades really only starts in Pinetown."

The women's race was unusual in that the top women ran closer together than they usually did in the past, when the tendency was to string out fairly soon after the start. After 30 km Nina Zarina (RUS), who was 17th last year in her first attempt, was the somewhat surprising leader (in 2:07:16), but the 2016 champion, Bosman, was on her heels, followed closely by Morozova, second last year, and Steyn. Bosman had led for almost the whole first two hours, and she and Zarina stayed together for another eight minutes before the Russian, wearing a white cap with the peak turned up, broke away.

At this stage Ashworth, who did not finish last year, was 66 seconds behind, with Maxwell just three seconds further back. They were more than two minutes ahead of Carla Molinaro (GBR). Then Bosman fought back and regained the lead -- in retrospect, probably a mistake. Morozova was moving through the field and, trading surges, joined her compatriot to pass the South African.

At 2:52 Steyn caught Bosman and the two exchanged smiles and a few words. Steyn then went past and overhauled Morozova, but by halfway the Russian had again moved into second, 14 seconds behind Zarina. Steyn was 13 seconds further back -- but now, suddenly, Ashworth was only eight seconds behind her and looking very relaxed, but so did Steyn, who was fourth last year.

She took the lead for the first time a kilometre further, but behind her Ashworth had also passed Zarina. A tenacious battle ensued and Morozova took the initiative again, only to be repassed by Ashworth -- and then taking the lead once more. In Pinetown, at 68.9 km, Morozova was two seconds ahead, with Steyn in third, 50 seconds behind Ashworth. She was followed by Maxwell, who had passed Bosman to move into fourth. Zarina was sixth, but was fading; Sophia Sundberg (SWE) was seventh, more than 20 minutes behind the leader, Molinaro eighth, Sarah Bard (USA) ninth and Devon Yanko (USA) tenth.

Soon after this Ashworth went to the front and this time Morozova had no answer. The South African, impassive behind her dark glasses, pulled away steadily and at Mayville she was almost three minutes in front of Steyn, who led Morozova by 1:44.

Bosman, who has been second, first and third in her last three Comrades runs, was struggling, but there was little change in the positions over the last 8 km, except that Yanko, who was tenth last year, and Bard, who was fourth and sixth in the last two years, both passed Molinaro to finish seventh and eighth respectively.

Ashworth crossed the finish line with a big smile and said her race plan had worked out perfectly. She had prepared for the Comrades with a win in the Legends 68 km last year, and then a fifth place in the Two Oceans and second in the Loskop 50 km (behind Bosman) this year. She thanked everyone who had sacrificed to help her. She said her coach, John Hamlett, believed she could win. "But still, I don't think anyone is more surprised than myself that I am sitting here [as the winner]. I did not work for two months to train for the Comrades."

Yolande Maclean took the last gold medal to make it five South Africans in the top ten, one more than in 2017. The top twelve women dipped under seven hours as compared to only nine in 2016. Zarina faded to 22nd, more than 76 minutes behind the winner.

An outstanding performance was produced by 60-year-old Canadian Elizabeth Waywell, who ran faster than all the masters to win the grandmaster category by more than an hour in 8:12:36.

Two runners, Barry Holland (66) and Louis Massyn (67), became the coholders of the most medals when they finished their 46th consecutive Comrades, Holland in 10:53:56 and Massyn in 11:46:39.

**FNB Cape Town 12 ONERUN (20 May)**

This is a somewhat belated discovery and correction, but then it is never too late to catch out cheats. In this race Mluleki Nobanda was placed as the first master, and DRR noted that he established the only SA best time of the day (38:54), but his ID shows a date of birth of 15 November 1968, so he is not a master yet. He should be disqualified from the race and the correct order of masters is: 1. Makhaya Masumpa 40:06; 2. Johnny Persents 43:06; 3. Henry Wolstenholme 44:34. Masumpa's time is, in fact, the new SA best (previously Eric Coetzee's 41:07).

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

\* Comrades Marathon, Pietermaritzburg to Durban

**International highlights:**

- \* NYRR New York Mini 10 km, New York, USA
  - \* Oelder Sparkassen-City-Lauf, Oelde, GER
  - \* Scania Zwolse Half Marathon, Zwolle, NED
  - \* Spirit of Tasmania Running Festival 10 km, Launceston, AUS
  - \* Mattoni Ceské Budejovice Half Marathon, Ceské Budejovice, CZE
  - \* ASICS Stockholm Marathon, Stockholm, SWE
  - \* Track: Bauhaus Galan, Stockholm, SWE; Gliwice Grand Prix, Gliwice, POL; JN Racers Grand Prix, Kingston, JAM; NCAA Division I Outdoor Track & Field Championships, Eugene, USA; Nijmegen Global Athletics, Nijmegen, NED; Bislett Games, Oslo, NOR; Adrian Martinez Classic, Concord, USA; Memorial Josefa Odlozila, Praha, CZE; Florø Friidrettsfestival 2018, Florø, NOR; European Athletics Festival, Bydgoszcz, POL
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**ROAD RUNNING****Comrades Marathon (93rd)**

Pietermaritzburg to Durban, 10 June

(Distance: 90.184 km. Certified point-to-point downhill course, dropping from 670 m to 80 m above sea level, but very hilly. Highest point: 870 m. Weather: Approx. 7 °C at the start, warming to approx. 23 °C at the finish in Durban, where it was very humid. Partly overcast. Finishers: 13 351 men + 3493 women = 16 844 total [big increase from 14 431 last year].)

**MEN**

1	Bongmusa Mthembu	Arthur Ford AC	5:26:34	R440 000 + R200 000i + R45 000k
2	Joseph Mphuthi	Sibanye Gold Kloof AC	5:35:09	R220 000
3	Steven Way	GBR/Nedbank RC Int'l	5:35:27	R170 000
4	Edward Mothibi	Nedbank RC AGN	5:36:32	R85 000
5	Marko Mambo	ZIM/Nedbank RC Zimbabwe	5:37:49	R68 000
6	Gordon Lesetedi	Entsika AC - CGA	5:39:32	R38 000
7	Teboho Sello	LES	5:42:21	R34 000
8	David Gatebe	Entsika AC - CGA	5:42:43	R30 000
9	Gift Kelehe	Entsika AC - CGA	5:46:50	R25 000
10	Nkosinathi Duma	Arthur Ford AC	5:47:09	R21 000
11	Prodigal Khumalo	ZIM	5:47:48	
12	Geoff Burns	USA/Nedbank Int'l	5:49:04	
13	Charles Dibate Tjiane	Maxed - KZN	5:51:25	
14	Thandokwakhe Ngcobo	Bedfordview CC	5:53:06	
15	Fritjof Fagerlund	SWE/Nedbank RC Int'l	5:53:39	

16	Fanuel Mapamura	ZIM/Hollywoodbets AC	5:56:46
17	Professa Mthethwa	Nedbank RC AGN	5:57:11
18	Lovemore Chabata	ZIM	5:58:27
19	Mike Fokoroni	ZIM/Nedbank RC Zimbabwe	5:59:14
20	Thuso Mosiea	Arthur Ford AC	5:59:26
21	Vlad Shatrov	AUS/Nedbank RC Int'l	6:01:24
22	Elov Olsson	SWE/Ockelbo SK	6:01:38
23	Chris Cherry	KPMG RC - CGA	6:03:27
24	Siyabonga Dingile	Nedbank RC AGN	6:04:48
25	Thomas Ndlovu	PMMC	6:05:05
26	Jerry Rakau	Fitness From Africa AC	6:05:50
27	Monyele Monyele	LES	6:06:23
28	Mpesela Ntlosoeu	LES/Nedbank RC Lesotho	6:06:48
29	Best Ngwenya	Nedbank RC AGN	6:07:32
30	Anda Lubelwana	KPMG RC - WP	6:07:42
31	Calum Neff	USA	6:08:06
32	Siya Mqambeli	Entsika AC - CGA	6:09:10
33	Sam Munyai	Nedbank RC AGN	6:09:17
34	Malusi Dlomo	Nedbank RC CNW	6:10:03
35	Sipho Masilela	Magnolia RR	6:11:23
36	Renier Grobler	KPMG RC - AGN	6:12:18
37	Nkosinathi Ngcongo	Stella AC	6:13:07
38	Khubulani Zondo	Nedbank RC AGN	6:15:17
39	Tumi Malefetsane	LES/Sibanye G Beatrix Mine AC	6:15:35
40	Harmans Mokgadi	KPMG RC - CGA	6:16:28
41	Bongani Mthembu	Arthur Ford AC	6:17:19
42	Aleksandr Fetisov	RUS/Running Expert	6:17:30
43	Thabiso Casewell Bontsi	Entsika AC - CGA	6:18:52
44	Asier Cuevas Ettcheto	ESP	6:19:15
45	Anton Samokhvalov	RUS/RedLava	6:19:37
46	Nkululeko Ngubane	Ixopo AC	6:20:06
47	Hlomayi Macheza	ZIM/Maxed - KZN	6:21:08
48	Siyabonga Madala	Guguletu AC	6:21:21
49	Mthetho Mntungwa	Pirates	6:21:23
50	Skhumbuzo Dlamini	Phantane AC	6:21:43
51	Sanele Sibisi	Maritzburg City AC	6:21:52
52	Zingisile Marikeni	Nedbank RC EPA	6:21:56
53	Pelly Lamola	Polokwane AC	6:23:10
54	Motsamai Rantho	RRR	6:23:15
55	Ryan Eichstadt	Wanderers AC	6:23:35
56	David Ashworth	Entsika AC - CGA	6:24:07
57	Peter Muthubi	Pietersburg RR	6:25:00
58	Given Baloyi	Carlton AC	6:25:08
59	Phineas Mothoa	Amanzi MC	6:25:55
60	Thanda Mthembu	Nedbank RC KZN	6:26:08
61	Nkosinathi Mthlale	Nedbank RC KZN	6:26:08
62	Richard Motsamai Mavuso	CS - Pretoria	6:27:29
63	Derick Bafana Gumede	Verulam Falcons	6:28:37
64	Happy Hlongwane	Anglo American TC AC	6:29:24
65	Jabulani Edward Mabaso	Mandeni Harriers	6:30:08
66	Shadrack Mzizi	Nedbank RC Bloemfontein	6:30:25
67	Richard Dlamini	Nedbank RC KZN	6:30:26
68	Khangelani Deli	Guguletu AC	6:30:58
69	Arcilio Nhacutoe	Maxed - KZN	6:31:09
70	Kirsten Leemans	Fourways RR	6:31:12
71	Richard Flint	VOB RC	6:31:29
72	Latudi Makofane	Entsika AC - CGA	6:31:42

73	Justice Nkosi	Phuma KZN	6:31:43
74	Xolani Bunge	Nedbank RC KZN	6:32:01
75	Matlabeya Mabapa	Nedbank RC AGN	6:32:22
76	Koena Kgole	Unisa AC	6:32:24
77	Ignicious Mmushi	Pretoria MC	6:32:36
78	Alastair Leslie	GBR/Stella AC	6:32:42
79	Charles Mkhonto	Entsika AC - CGA	6:32:44
80	Dirk Ligthelm	Tuks RRC	6:32:47
81	Lindikhaya Mthangayi	Itheko	6:33:11
82	Mlungisi Ntenga	Ethekwini AC	6:33:17
83	Ronald Shibiri	Anglo American TC AC	6:33:42
84	Mthandazo Qhina	Nedbank RC WPA	6:34:05
85	Billy Makate	Arcadia RC	6:34:11
86	Frans Mola	South Deep AC	6:34:22
87	Benedict Mlondi Zuma	Save Orion AC	6:34:58
88	Professor Ncube	ZIM/Bedfordview CC	6:35:00
89	Tsholwane Mhlakwana	LES/Phantane AC	6:35:11
90	Thapelo Leseiane	Rand AC	6:38:19
91	Zenzele Maxwell Ngwazi	Nedbank RC KZN	6:38:21
92	Zwelakhe Mkorwana	Anglo American TC AC	6:38:50
93	Siegfriedt Heydenrych	Born2Run - CGA	6:38:55
94	Solomon Khumalo	Carlton AC	6:39:41
95	Wandisile Nongodlwana	Asics RC	6:39:45
96	Timothy Munzhelele	Pietersburg RR	6:40:13
97	Mateus Gomez Sacchett	BRA/Exército Brasileiro	6:40:49
98	Admire Muzopambwa	Legends AC	6:40:59
99	Calvin Malatji	Pietersburg RR	6:41:08
100	George Mooi	Gallopers AC	6:41:26

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174. Ibon Esparza (ESP) 6:56:06

DNF: Ludwick Mamabolo, Lungile Gongqa, Hatimande Nyamande (ZIM)

**40-49:**

1. Mphuthi (above) 5:35:09 (R20 000)
2. Way (above) 5:35:27 (R12 000)
3. Mambo (above) 5:37:49 (R6000)

**50-59:**

1. Shibiri (above) 6:33:42 (R12 000)
2. Khumalo (above) 6:39:41 (R6000)
3. Mooi (above) 6:41:26 (R4000)

**60+:**

1. David Von Senden (AUS) 7:37:40 (R6000)
2. Errol Shear (Jeppe Quondam) 7:37:56 (R4000)
3. Francis Makuka (ZAM/Phobians) 7:57:24 (R3000)

i = incentive as first South African

k = incentive as first runner from Kwazulu-Natal province

WOMEN (Same prize money as men; differences indicated)

1	Ann Ashworth	Massmart AC - CGA	6:10:04	R440 000 + R200 000i
2	Gerda Steyn	Nedbank RC AGN	6:15:34	
3	Alexandra Morozova	RUS	6:20:21	
4	Tanith Maxwell	Boxer	6:20:35	R85 000 + R45 000k
5	Charné Bosman	Nedbank RC AGN	6:33:08	
6	Sophia Sundberg	SWE/Aktivitus SC	6:45:24	

7	Devon Yanko	USA/KPMG RC - Int'l	6:47:44
8	Sarah Bard	USA/Nedbank Int'l Team	6:49:05
9	Carla Molinaro	GBR/Clapham Chasers	6:50:31
10	Yolande Maclean	KPMG RC - CGA	6:52:16
11	Salome Cooper	Born2Run - CGA	6:53:18
12	Fikile Mbuthuma	Nedbank RC AGN	6:54:36
13	Frida Södermark	SWE/Nedbank RC Int'l	7:03:56
14	Lisa Collett	Boxer	7:05:02
15	Deanné Horn	Nedbank RC CNW	7:06:54
16	Mary Khourie	KPMG RC - CGA	7:11:33
17	Mia Morrison	Massmart AC - CGA	7:16:01
18	Enie Manzini	Massmart AC - CGA	7:21:03
19	Cobie Smith	Team Vitality - CGA	7:21:29
20	Nandi Zaloumis	Massmart AC - CGA	7:21:33
21	Larissa Tichon	AUS/Sydney Striders	7:22:08
22	Nina Zarina	RUS/Corfu Sea Runners	7:26:43
23	Alena Rybkina	RUS/Gepard	7:26:56
24	Danette Smith	KPMG RC - CGA	7:27:15
25	Mitsie van der Westhuizen	KPMG RC - AGN	7:28:52
26	Deiketseng Cecilia Molefe	Chiltern AC	7:28:53
27	Jo Mackenzie	Plettenberg Bay AC	7:29:56
28	Franza Landman	KPMG RC - AGN	7:30:41
29	Carly Kent	Sunninghill Striders RC	7:31:03
30	Jenni Kruse	Massmart AC - CGA	7:31:30
31	Dana-Bianca van Zyl	Born2Run - CGA	7:31:40
32	Martinique Potgieter	Pietersburg RR	7:41:35
33	Renata Vosloo	Sunninghill Striders RC	7:42:31
34	Heather Walden	SUI/Basel RC (BRC)	7:45:12
35	Kate Rees	Wanderers AC	7:47:55
36	Julanie Basson	Born2Run - CGA	7:48:29
37	Risa Dreyer	NAM/Windhoek Harriers	7:48:56
38	Marisa Lizak	USA	7:49:06
39	Claire Briggs	GBR/Bad Boy Running Podcast	7:50:24
40	Lindsay van Aswegen	Kempton RR	7:51:29
41	Valeria Sesto	GBR	7:51:44
42	Martine Baker	Rand AC	7:52:16
43	Lesego Hlako	KPMG RC - AGN	7:52:52
44	Natasha Malan	Nedbank RC LVCC Nelspruit	7:55:18
45	Karen Collins	Born2Run - BOR	7:56:02
46	Sarah Gray	Collegians Harriers	7:58:08
47	Victoria White	DHS Old Boys	7:58:23
48	Jadi Clark	Stella AC	7:58:54
49	Anastasia Ryabtsova	RUS/Moscow Runners	7:59:59
50	Melinda Jansen van Vuuren	Benoni Northerns AC	8:00:36
51	Marie-Zanne de Kock	Team Vitality - CGA	8:00:40
52	Ashleigh White	DHS Old Boys	8:02:18
53	Nomonde Apiwe Gaga	Nedbank RC KZN	8:03:06
54	Ursula Turck	Strand	8:03:20
55	Carol Smith	Team Vitality - CGA	8:03:52
56	Eunice Nhlapho	Eskom AC - MPU	8:04:03
57	Clara Betton	Sunninghill Striders RC	8:05:36
58	Pearl Hughes	Polokwane AC	8:07:37
59	Corne Prinsloo	Pretoria Police MC	8:07:47
60	Theresa Brand	Bellville AC	8:07:54
61	Michelle Stassen	KPMG RC - AGN	8:10:17
62	Marcelle Coetzee	KPMG RC - AGN	8:11:07
63	Jessica Maitland-Stuart	Run Zone AC	8:11:31

64	Marina Popova	RUS/ILR Ural 100	8:11:50
65	Emmah Mathibela	Nedbank RC AGN	8:12:15
66	Elizabeth Waywell	CAN	8:12:36
67	Anlize Enslin	Paarl AC	8:12:49
68	Caryn Lategan	Born2Run - BOR	8:13:19
69	Jolene Thompson	West Coast AC	8:15:45
70	Tendaye Tibane	Ricoh AC	8:16:09
71	Sarah Wilson	Westville AC	8:16:54
72	Nonsikelelo Mbambo	Natal Carbineers AC	8:17:35
73	Jana Trojan	CZE/VOB RC	8:17:49
74	Jane Mudau	Faranani AC	8:19:13
75	Michelle Dreyer	KPMG RC - WP	8:20:14
76	Manuela Diener	Savages AC	8:22:07
77	Geneva Raphahla	Pietersburg RR	8:22:14
78	Ronel van Graan	Krugersdorp RR	8:22:29
79	Melandie Taljaardt	Tuks RRC	8:22:59
80	Beate Weichert	GER/RunAvation AC	8:23:09
81	Nokholo Hlezupondo	SANDF AC - EP	8:23:13
82	Debbie O'Mahony	Nedbank RC Johannesburg	8:23:27
83	Candyce Hall	Carbineers WPA	8:24:02
84	Robyn Hopkinson	Wild Runner	8:24:22
85	Julie Marshall	Wild Runner	8:24:22
86	Anne Stewart	Harfield Harriers	8:25:38
87	Jayde Constable	DHS Old Boys	8:26:52
88	Sarah Eksteen	Westville AC	8:26:53
89	Felicity Letcher	Born2Run - CGA	8:27:11
90	Vivian Pavao	BRA/AKSA	8:27:28
91	Helena Joubert	Sasol MC Secunda	8:27:33
92	Xoli Madida	Natal Carbineers AC	8:27:50
93	Elmé Middlemost	Brackenfell AC	8:28:04
94	Lauren Snell	Team Vitality - KZN	8:28:18
95	Daniella Morrison-Jones	Team Vitality - CGA	8:28:22
96	Brenda Graham	Oxford Striders	8:28:40
97	Marina Scholtz	Lewensentrum AC	8:28:48
98	Rianda Gilliland	Atlantic AC	8:29:11
99	Marina Zaytseva	RUS	8:29:21
100	Theresa Loots	KPMG RC - AGN	8:30:22

DNF: Stephanie Smith

**40-49:**

1. Maxwell (above) 6:20:35
2. Bosman (above) 6:33:08
3. Maclean (above) 6:52:16

**50-59:**

1. Trojan (above) 8:17:49
2. Mudau (above) 8:19:13
3. Julie Shadwell (Team Vitality - CGA) 8:43:23

**60+:**

1. Waywell (above) 8:12:36
2. Val Watson (RunAvation) 9:14:08
3. Adri van Jaarsveld (Eskom - MPU) 9:40:06

i = incentive as first South African

k = incentive as first runner from Kwazulu-Natal province

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## 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

#### NYRR New York Mini 10 km (47th)

New York, USA, 9 June

(Certified one-loop course, hilly with certified, record-eligible 8 km split)

##### WOMEN (gun times)

1. Mary Keitany, 36, adidas (KEN) 30:59 \$10,000  
[15:52 / 24:57; second half in 15:08 uphill]
2. Aliphine Tuliamuk, 29, Hoka NAZ Elite 32:08 5,000 + 5,000a
3. Molly Huddle, 33, Saucony 32:25 3,500 + 2,500a
4. Betsy Saina, 29, Nike (KEN) 32:33 2,500
5. Birtukan Fente Alemu, 28, WSX (ETH) 32:46 PB 1,500
6. Diane Nukuri, 33, Asics 32:49 1,250a
7. Stephanie Bruce, 34, Hoka NAZ Elite 32:55 PB= 750a
8. Eva Vrabcova, 32, adidas (CZE) 33:01 PB
9. Charlotte Arter, 26, Saucony (GBR) 33:09
10. Beverly Ramos, 30, New Balance (PUR) 33:42 500a + 1000n
- ... 14. Desiree Linden, 34, Hansons Brooks 35:12

a) Earned USA citizen prize money (must be USA citizen on date of race).

n) Earned NYRR member prize money (must be member in good standing for 6 months).

#### Oelder Sparkassen-City-Lauf (21st)

Oelde, GER, 9 June

(Distance: 10 km done on 750m loop [slightly fewer than 14 laps])

##### MEN (gun times)

1. Geoffrey Koech, KEN, 1993 27:44 CR\*
2. Simon Cheprot, KEN, 1993 27:44
3. Emmanuel Kiprono, KEN, 1993 27:55
4. Mengistu Zelalem Gezahagn, ETH, 1993 28:25

##### WOMEN (gun times)

1. Dorcas Tuitoek, KEN, 1996 31:26 CR\*
2. Tsehay Gemechu, ETH, 1998 32:14
3. Lilian Jelagat, KEN, 1989 32:53
4. Fate Tola, Hannover Athletics, 1987 33:07
5. Katsiaryna Karneyenka, BLR, 1988 33:19

#### Scania Zwolse Half Marathon (18th)

Zwolle, NED, 9 June

(Distance: 21.1 km; flat near-loop course)

##### MEN (gun times)

1. William Wanjiku, KEN 1:01:31
2. Gilbert Bii, KEN 1:02:12
3. Peter Kwemoi, KEN 1:02:28
4. Leonard Langat, KEN 1:03:11
5. Filex Chemonges, UGA 1:03:11

## WOMEN (gun times)

1. Fancy Chemutai, KEN	1:09:38
2. Bekelech Gudeta, ETH	1:09:51
3. Rose Chelimo, BRN	1:10:59
4. Tsehay Adhana, ETH	1:14:08
5. Alice Kibor, KEN	1:14:31

**Spirit of Tasmania Running Festival 10 km**

Launceston, AUS, 3 June

(Out-and-back course)

## MEN (extended gun times)

1. Jack Rayner	28:31.5 PB
2. Charlie Park	29:22.6
3. Adrian Potter	29:25.9

## WOMEN (extended gun times)

1. Sinead Diver (40+)	31:58.2 PB
2. Ellie Pashley*	32:03.5 PB
3. Melanie Daniels	34:01.3

\*Formerly Ellie O'Kane

**Mattoni Ceské Budejovice Half Marathon (6th)**

(IAAF Gold Label Road Race)

Ceské Budejovice, CZE, 2 June (evening start)

(Distance: 21.1 km; IAAF-certified course)

## MEN (gun times)

1. Luke Traynor, GBR	1:03:40	€ 1500
2. Roman Romanenko, UKR	1:04:05	750
3. Valentin Pfeil, AUT	1:05:08	500
4. Oleksandr Sitkovskyi (40+), UKR	1:05:37	300

## WOMEN (gun times)

1. Lilia Fisikovici, MDA	1:13:20	€ 1500
2. Olha Kotovska, UKR	1:14:14	750
3. Rosaria Console, ITA	1:14:38	500
4. Sonia Samuels, GBR	1:14:55	300

**ASICS Stockholm Marathon (40th)**

Stockholm, SWE, 2 June

(Distance: 42.195 km; near-loop course with stadium finish)

Note: Punishing temperatures of 27-28 °C slowed down the 40th edition of this race. Kenya's Lawi Kiptui secured victory in 2:13:30 with an incredibly fast finish: 30:20 between 30 and 40 km, reports *Race Results Weekly*. Boston Marathon champion Yuki Kawauchi finished fourth. The margin was even bigger in the women's race, won by Stockholmer Mikaela Larsson, in 2:40:28, ahead of Ethiopian junior, Bekelu Beji, in 2:43:55. -- Ed.

## MEN (gun times)

1. Lawi Kiptui, 1993, KEN	2:13:30
---------------------------	---------

2. Dominic Kimwetich Kangor, 1989, KEN 2:16:22
3. Stephen Kiplimo, 1992, KEN 2:17:01
4. Yuki Kawauchi, 1987, JPN 2:22:57

WOMEN (gun times)

1. Mikaela Larsson, 1985, SWE 2:40:28
2. Beji Bekelu, 1999, ETH 2:43:55
3. Caroline Almkvist, 1995, SWE 2:44:49

## TRACK

### Bauhaus Galan

(6th stop of 2018 IAAF Diamond League)  
Stockholm, SWE, 10 June

Note: World-leading mark for Ferguson Cheruiyot Rotich at 1000 and Selemon Barega at 5000. Also meeting record for Guday Tsegay at women's 1500 after a sub-60-second opening 400 by the pacemaker, believed to be the first ever-sub-60 first lap in a women's 1500. -- Ed.

#### MEN

##### 800:

1. Peter Bol, AUS, 22 Feb 1994 1:44.56 PB
2. Joseph Deng, AUS, 7 Jul 1998 1:44.61 PB
3. Rynhardt Van Rensburg, RSA, 23 Mar 1992 1:45.73
4. Jamie Webb, GBR, 1 Jun 1994 1:46.37
5. Thomas Arne Roth, NOR, 11 Feb 1991 1:46.52

##### 1000 (DL):

1. Ferguson Rotich, KEN, 30 Nov 1989 2:14.88 WL/PB
2. Sadik Mikhou, BRN, 25 Jul 1990 2:16.09 PB
3. Jake Wightman, GBR, 11 Jul 1994 2:16.27 PB (Scottish Record)
4. Adam Kszczot, POL, 2 Sep 1989 2:16.58
5. Antoine Gakeme, BDI, 24 Dec 1991 2:16.85 PB
6. Kipyegon Bett, KEN, 1 Feb 1998 2:16.98 PB
7. Andrew Osagie, GBR, 19 Feb 1988 2:17.18 PB
8. Alfred Kipketer, KEN, 26 Dec 1996 2:17.40 PB
9. Andreas Kramer, SWE, 13 Apr 1997 2:18.30 PB
10. Tolesa Bodena, ETH, 18 Feb 2000 2:18.87 PB/WJL
11. Kalle Berglund, SWE, 11 Mar 1996 2:19.21 PB

##### 1500 (National):

1. Jakob Ingebrigtsen, NOR, 19 Sep 2000 3:37.42
2. Jordan Williamsz, AUS, 21 Aug 1992 3:38.30
3. Charles Philibert-Thiboutot, CAN, 31 Dec 1990 3:38.32

##### 5000 (DL):

1. Selemon Barega, ETH, 20 Jan 2000 13:04.05 WL
2. Birhanu Balew, BRN, 27 Feb 1996 13:04.25 PB
3. Abadi Hadis, ETH, 6 Nov 1997 13:06.76
4. Mohammed Ahmed, CAN, 5 Jan 1991 13:14.88
5. Ben True, USA, 29 Dec 1985 13:16.48
6. Jacob Kiplimo, UGA, 14 Nov 2000 13:19.66
7. Morhad Amdouni, FRA, 21 Jun 1988 13:19.93
8. Dawit Wolde, ETH, 19 May 1991 13:28.86
9. Henrik Ingebrigtsen, NOR, 24 Feb 1991 13:28.89

- |  |             |
|--|-------------|
| 10. Richard Ringer, GER, 27 Feb 1989     | 13:37.37    |
| 11. Soufiyan Bouqantar, MAR, 30 Aug 1993 | 13:43.85    |
| 12. Filip Ingebrigtsen, NOR, 20 Apr 1993 | 13:46.40 PB |

## WOMEN

800:

- |  |            |
|--|------------|
| 1. Shume Chaltu Regasa, ETH, 23 Dec 1996   | 2:01.16    |
| 2. Halimah Nakaayi, UGA, 16 Oct 1994       | 2:01.37 SB |
| 3. Shelayna Oskan-Clarke, GBR, 20 Jan 1990 | 2:02.09    |
| 4. Aníta Hinríksdóttír, ISL, 13 Jan 1996   | 2:02.21 SB |
| 5. Lynsey Sharp, GBR, 11 Jul 1990          | 2:02.78    |

1500 (DL):

- |   |               |
|---|---------------|
| 1. Gudaf Tsegay, ETH, 23 Jan 1997               | 3:57.64 MR PB |
| 2. Laura Muir, GBR, 9 May 1993                  | 3:58.53 SB    |
| 3. Rababe Arafí, MAR, 12 Jan 1991               | 4:00.28       |
| 4. Jenny Simpson, USA, 23 Aug 1986              | 4:00.34       |
| 5. Nelly Jepkosgei, KEN, 14 Jul 1991            | 4:01.95       |
| 6. Meraf Bahta, SWE, 24 Jun 1989                | 4:02.31       |
| 7. Besu Sado, ETH, 12 Jan 1996                  | 4:02.81       |
| 8. Linden Hall, AUS, 29 Jun 1991                | 4:02.89       |
| 9. Laura Weightman, GBR, 1 Jul 1991             | 4:02.90 SB    |
| 10. Karoline Bjerkeli Grøvdal, NOR, 14 Jun 1990 | 4:05.57 PB    |
| 11. Brenda Martinez, USA, 8 Sep 1987            | 4:06.54       |
| 12. Habitam Alemu, ETH, 9 Jul 1997              | 4:08.19       |

**Gliwice Grand Prix (1st)**

Gliwice, POL, 10 June

## WOMEN

800:

- |  |
|--|
| 1. Brittany MCGOWAN, 1991, AUS, 2:01.43              |
| 2. Anna SABAT, 1993, CWKS Resovia Rzeszów 2:01.90 PB |
| 3. Charline MATHIAS, 1992, LUX, 2:02.37              |
| ... 7. Gena LOFSTRAND, 1995, RSA, 2:05.08            |

**JN Racers Grand Prix**

Kingston, JAM, 9 June

## WOMEN

800:

- |                         |         |
|-------------------------|---------|
| 1. Ajee Wilson, USA     | 1:59.84 |
| 2. Natoya Goule, JAM    | 2:00.66 |
| 3. Charlene Lipsey, USA | 2:00.70 |
| 4. Kaela Edwards, USA   | 2:02.10 |
| 5. Laura Roesler, USA   | 2:02.29 |

**NCAA Division I Outdoor Track & Field Championships**

Historic Hayward Field, Eugene, USA, 6-9 June

## MEN

Teams: 1. Univ of Georgia, 52 points; 2. Univ of Florida, 42; 3. Univ of Houston, 35; 4. Univ of Southern California, 34; =5. Univ of Alabama, 33; =5. Texas Tech, 33 ...

## MEN

## 800 (08):

1. Isaiah HARRIS, JR, Penn State, 1:44.76 PB
2. Marco AROP, FR, Miss State (CAN), 1:45.25 PB
3. Michael SARUNI, SO, UTEP (KEN), 1:45.31

## 1500 (08):

1. Oliver HOARE, SO, Wisconsin (AUS), 3:44.77
2. Vincent CIATTEI, SR, Virginia Tech, 3:45.02 (3:45.012)
3. Josh KERR, JR, New Mexico (GBR), 3:45.02 (3:45.015)

## 5000 (08):

1. Sean MCGORTY, SR, Stanford, 13:54.81
2. Justyn KNIGHT, SR, Syracuse (CAN), 13:55.03
3. Grant FISHER, JR, Stanford, 13:55.04

## 10000 (06):

1. Ben FLANAGAN, SR, Michigan (CAN), 28:34.53 PB
2. Vincent KIPROP, JR, Alabama, 28:34.99
3. Dillon MAGGARD, SR, Utah State, 28:38.36 PB

## 3000 s/chase (08):

1. Obsa ALI, JR, Minnesota, 8:32.23 PB
2. Jamaine COLEMAN, SR, Eastern Kentucky, 8:33.52 PB
3. Steven FAHY, JR, Stanford, 8:34.52 PB

## WOMEN

Teams: 1. Univ of Southern California, 53 points (secured victory in the final event, the 4 x 400 relay, with a come-from-behind win by Kendall Ellis on the last leg); 2. Univ of Georgia, 52; 3. Stanford Univ, 51; 4. Univ of Kentucky, 46; 5. Univ of Florida, 42...

## 800 (09):

1. Sammy WATSON, FR, Texas A&M, 2:04.21
2. Abike EGBENIYI, JR, Mid. Tenn. State (NGR), 2:04.33
3. Ashley TAYLOR, SR, Northern Arizona, 2:05.01

## 1500 (09):

1. Jessica HULL, SO, Oregon (AUS), 4:08.75 PB
2. Nikki HILTZ, SR, Arkansas, 4:09.14 PB
3. Elise CRANNY, SR, Stanford, 4:09.49 PB

## 5000 (09):

1. Karissa SCHWEIZER, SR, Missouri, 15:41.58
2. Allie BUCHALSKI, SR, Furman, 15:42.77
3. Lilli BURDON, JR, Oregon, 15:43.22

## 10000 (07):

Note: The first six finishers broke the championships record which had stood for 30 years -- Ed.

1. Sharon LOKEDI, JR, Kansas (KEN), 32:09.20 PB/CR
2. Dorcas WASIKE, FR, Louisville (KEN), 32:11.81 PB
3. Karissa SCHWEIZER, SR, Missouri, 32:14.94

## 3000 s/chase (09):

1. Allie OSTRANDER, SO, Boise State, 9:39.28
2. Charlotte PROUSE, SO, New Mexico (CAN), 9:45.45 PB
3. Paige STONER, JR, Syracuse, 9:46.98 PB

**Nijmegen Global Athletics**

(Next Generation Athletics)

Nijmegen, NED, 8 June

MEN

800:

- |                                 |         |
|---------------------------------|---------|
| 1. Thomas Spencer, Atletiekunie | 1:48.23 |
| 2. James Bownes, GBR            | 1:48.36 |
| 3. Tony van Diepen, NED         | 1:48.39 |
| 4. Hannes Naude, <b>RSA</b>     | 1:48.99 |

1500:

Race A:

- |                                 |         |
|---------------------------------|---------|
| 1. Isaac Kimeli, BEL            | 3:37.96 |
| 2. Tarik Moukrime, BEL          | 3:39.39 |
| 3. Amine Khadiri, CYP           | 3:39.56 |
| ... 8. Jerry Motsau, <b>RSA</b> | 3:40.24 |

5000:

Race A:

- |                                      |             |
|--------------------------------------|-------------|
| 1. Chala Regassa, ETH                | 13:25.27 PB |
| 2. Alfred Ngeno, KEN                 | 13:26.53    |
| 3. Bernard Kipkemoi, KEN             | 13:29.13 PB |
| ... 17. Siboniso Soldaka, <b>RSA</b> | 14:40.03    |

**Bislett Games** (53rd)

(5th stop of 2018 IAAF Diamond League)

Oslo (Bislett Stadium), NOR, 7 June

MEN

1500:

- |   |            |
|---|------------|
| 1. Chris O'Hare, GBR, 23 Nov 1990       | 3:35.96 SB |
| 2. Robby Andrews, USA, 29 Mar 1991      | 3:36.05 SB |
| 3. Jakob Ingebrigtsen, NOR, 19 Sep 2000 | 3:36.06 PB |
| 4. Hicham Akankam, MAR, 4 Apr 1998      | 3:36.94 PB |
| 5. Patrick Casey, USA, 23 May 1990      | 3:37.06 SB |
| 6. Fouad El Kaam, MAR, 27 May 1988      | 3:37.14 SB |
| 7. Kalle Berglund, SWE, 11 Mar 1996     | 3:37.40 SB |
| 8. Jordan Williamsz, AUS, 21 Aug 1992   | 3:38.21 SB |
| 9. Jake Heyward, GBR, 26 Apr 1999       | 3:39.84 PB |
| 10. Johan Rogestedt, SWE, 27 Jan 1993   | 3:40.81 SB |

1500 (official split times en route to Dream Mile):

- |  |         |
|--|---------|
| 1. Elijah Manangoi, KEN, 5 Jan 1993      | 3:43.19 |
| 2. Filip Ingebrigtsen, NOR, 20 Apr 1993  | 3:43.41 |
| 3. Sadik Mikhou, BRN, 25 Jul 1990        | 3:43.59 |
| 4. Bethwell Birgen, KEN, 6 Aug 1988      | 3:43.62 |
| 5. Henrik Ingebrigtsen, NOR, 24 Feb 1991 | 3:43.73 |
| 6. Taresa Tolosa, ETH, 15 Jun 1998       | 3:43.83 |
| 7. Kumari Taki, KEN, 6 May 1999          | 3:43.88 |
| 8. Ryan Gregson, AUS, 26 Apr 1990        | 3:44.04 |
| 9. Younés Essalhi, MAR, 20 Feb 1993      | 3:44.06 |
| 10. Jake Wightman, GBR, 11 Jul 1994      | 3:44.38 |
| 11. Thiago André, BRA, 4 Aug 1995        | 3:44.52 |

## Dream Mile (DL):

1. Elijah Manangoi, KEN, 5 Jan 1993	3:56.95
2. Sadik Mikhou, BRN, 25 Jul 1990	3:57.10
3. Taresa Tolosa, ETH, 15 Jun 1998	3:57.92
4. Filip Ingebrigtsen, NOR, 20 Apr 1993	3:57.97
5. Younés Essalhi, MAR, 20 Feb 1993	3:58.00
6. Henrik Ingebrigtsen, NOR, 24 Feb 1991	3:58.46 SB
7. Ryan Gregson, AUS, 26 Apr 1990	3:58.47
8. Bethwell Birgen, KEN, 6 Aug 1988	3:59.10
9. Jake Wightman, GBR, 11 Jul 1994	3:59.15
10. Kumari Taki, KEN, 6 May 1999	3:59.20
11. Thiago André, BRA, 4 Aug 1995	3:59.87

## 10000:

1. Dominic Kiptarus (PM), KEN, 3 Aug 1996	28:05.34
2. Stewart Mcsweyn, AUS, 1 Jun 1995	28:05.37 PB
3. Julien Wanders, SUI, 18 Mar 1996	28:07.15
4. Zouhair Talbi, MAR, 8 Apr 1995	28:31.73
5. Sondre Nordstad Moen, NOR, 12 Jan 1991	28:37.92
6. Marius Vedvik, NOR, 18 Mar 1992	29:13.27
7. Weldu Nagash, NOR, 12 Nov 1986	29:21.23 PB

## WOMEN

## 800 (DL):

1. Caster Semenya, RSA, 7 Jan 1991	1:57.25
2. Francine Niyonsaba, BDI, 5 May 1993	1:58.57
3. Habitam Alemu, ETH, 9 Jul 1997	1:58.58
4. Nelly Jepkosgei, KEN, 14 Jul 1991	1:58.96 PB
5. Laura Muir, GBR, 9 May 1993	1:59.09
6. Brenda Martinez, USA, 8 Sep 1987	2:00.74 SB
7. Selina Büchel, SUI, 26 Jul 1991	2:00.78 SB
8. Hedda Hynne, NOR, 13 Mar 1990	2:01.46 SB
9. Yngvild Elvemo, NOR, 28 May 1990	2:01.65 PB
10. Lovisa Lindh, SWE, 9 Jul 1991	2:02.49

## 3000 s/chase (DL): [One barrier at men's height for part of the race]

1. Hyvin Kiyeng, KEN, 13 Jan 1992	9:09.63
2. Emma Coburn, USA, 19 Oct 1990	9:09.70
3. Daisy Jepkemei, KEN, 13 Feb 1996	9:16.87
4. Courtney Frerichs, USA, 18 Jan 1993	9:20.84 SB
5. Aisha Praught, JAM, 14 Dec 1989	9:23.33
6. Winfred Mutile Yavi, BRN, 31 Dec 1999	9:27.76
7. Karoline Bjerkeli Grøvdal, NOR, 14 Jun 1990	9:29.94 SB
8. Purity Kirui, KEN, 13 Aug 1991	9:39.23
9. Rosie Clarke, GBR, 17 Nov 1991	9:42.80
10. Birtukan Adamu, ETH, 29 Apr 1992	9:58.48

**Adrian Martinez Classic** (10th)

Concord, USA, 7 June

## MEN

## Mile:

## Andro Section:

1. Drew Piazza, VT Elite, 3:56.86 PB (3:41.67 1500)
2. Leo Manzano, Hoka One One, 3:57.35 (3:41.94)
3. David Timlin, District TC, 3:57.69 PB (3:42.31)

4. Rob Napolitano, Hoka NJ-NY TC, 3:58.68 PB (3:42.18)
5. John Simons, Unattached, 3:58.95 PB (3:42.94)
6. Will Geoghegan, Nike, 3:59.51 (3:42.40)
7. Ford Palmer, Hoka NJ-NY TC, 3:59.93 (3:44.11)
8. Julian Matthews, Ocean State (NZL), 3:59.95 (3:43.38)

#### WOMEN

Mile:

1. Marta Freitas, Unattached (POR), 4:25.84 PB/MR\* (4:09.34 1500)
2. Dominique Scott, adidas (RSA), 4:26.63 PB (4:09.33)
3. Helen Schlachtenhaufen, Saucony Freedom TC, 4:27.09 PB (4:09.57 PB)

#### **Memorial Josefa Odlozila** (24th)

(European Athletics Classic Premium Meeting)

Praha, CZE, 4 June

#### WOMEN

800:

- |  |         |
|--|---------|
| 1. Chaltu Shume, ETH, 13 Dec 96        | 2:02.77 |
| 2. Mahelet Mulugeta, ETH, 20 Mar 95    | 2:02.78 |
| 3. Alexandra Bell, GBR, 4 Nov 92       | 2:02.98 |
| ... 12. Gena Lofstrand, RSA, 23 Oct 95 | 2:06.62 |

#### **Florø Friidrettsfestival 2018**

Florø, NOR, 2 June

#### WOMEN

2000:

1. Karoline Bjerkeli Grøvdal, 1990, NOR, 5:41.04 NR
2. Camille Buscomb, 1990, NZL, 5:57.35 PB
3. Andrea Seccafien, 1990, CAN, 5:57.43 PB

#### **European Athletics Festival** (18th)

(EA Classic Meeting)

Bydgoszcz, POL, 29 May

#### MEN

800:

1. Nicholas KIPKOECH, 1992, KEN, 1:46.15 SB
2. Erik SOWINSKI, 1989, USA, 1:46.43
3. Andreas BUBE, 1987, DEN, 1:46.44

1500:

1. Patryk KOZLOWSKI, 1998, 3:45.01 PB
2. Roman KWIATKOWSKI, 1995, 3:45.89
3. Adam WLODARCZYK, 1997, 3:46.00 PB

3000 s/chase:

1. Barnabas KIPYEGO, 1995, KEN, 8:22.71
2. Tolosa Nurgi GIGSA, 1994, ETH, 8:27.73
3. Clement Kimutai KEMBOI, 1992, KEN, 8:29.35 SB



**WOMEN**

800:

1. Sofia ENNAOUI, 1995, 2:02.44
2. Halimah NAKAAYI, 1994, UGA, 2:02.58
3. Malika AKKAOUI, 1987, MAR, 2:02.96

1500:

1. Beata TOPKA, 1999, 4:22.74
2. Aleksandra HOLDA, 1996, 4:24.77
3. Kinga KRÓLIK, 1999, 4:30.89 PB

**NEWS****MARATHONER STETSENKO BANNED FOR DOPING**

Ukrainian marathoner Kateryna Stetsenko has been banned for doping, reports *Race Results Weekly*. Stetsenko, 36, who had recorded a personal best of 2:27:51 in Dublin in 2010 was banned under IAAF Rule 32.2 (b), the governing body's biological passport program which records changes in blood values over time. Her infraction has been dated back to the beginning of the suspicious period of blood values, 26 August 2011, and all of her results are nullified from that date through 27 April 2016. She also has two years and four months of ineligibility, from 27 April 2016 through 26 August 2018.

Stetsenko loses the following marathon results:

- 10th, 2011 Yokohama Marathon, 2:35:44
- 8th, 2012 Tokyo Marathon, 2:28:38
- 12th, 2012 Yokohama Marathon, 2:34:20
- 6th, 2013 Hamburg Marathon, 2:33:35
- 1st, 2014 Edinburgh Marathon, 2:36:07
- 1st, 2014 Bournemouth Marathon, 2:30:58
- 4th, 2015 26.2 for Donna (Jacksonville, FL, USA), 2:41:34

Also banned was Olympian and all-purpose road racer Jordan Chipangama, 29, of Zambia. He loses all results beginning 17 June 2017, and is banned from 05 August 2017 through 14 August 2021. He loses his 9th place finish at Grandma's Marathon last June (2:18:37), the race where he failed an in-competition test.

**SEB COE RUNS MILE IN 6:09**

*Athletics International* reports that a total of 8048 runners in 39 waves finished the Vitality Westminster Mile in central London on 27 May, making it officially the biggest ever timed mile event in the world. The previous record was 7664 in last year's New York Fifth Avenue Mile. Chris O'Hare won the British Road Mile title in 4:04 ahead of Charlie Grice 4:04, Elliot Giles 4:05, Zak Seddon 4:05 and Jake Wightman (just back from altitude training) 4:06, while the women's title went to Melissa Courtney in 4:35 from Sarah McDonald 4:36, Rosie Clarke 4:38 and Hannah England 4:42.

Some 90 past Olympians had their own race, with 61-year-old Seb Coe finishing fifth in 6:09, the winner being 1984 Olympic steeplechaser Eddie Wedderburn (57) in 5:35. Mo Farah was the starter for the twelve family races and jogged around in the final wave in just over 6 minutes.

## OBITUARY

### THIRD DREAM MILER TÁBORI PASSES AWAY

László TÁBORI (né Talabircsuk) (Hungary) (b. 6 July 1931, Kosice – then TCH) died in Los Angeles on 23 May at the age of 86, reports *Athletics International*. One of the great trio of Hungarian middle-distance runners of the 1950s (with Sándor Iharos and István Rózsavölgyi), he tied the world record for 1500 m of 3:40.8 set by Iharos five weeks earlier when on 6 September 1955 at the Bislett Stadium in Oslo his fast finish just enabled him to beat Gunnar Nielsen, who ran that same time. Tábori also set world records for 4x1500 m on the Honvéd Budapest (Army) teams that ran 15:21.2 in 1954 and 15:14.8 in 1955 at Budapest. On 28 July 1955 he became the third man to better 4 minutes for the mile when he won at the White City, London, in 3:59.0 ahead of Chris Chataway and Brian Hewson when all three broke the 4-minute barrier. After the trauma of the Hungarian revolution in 1956 Tábori did well to place 4th at 1500 m and 6th at 5000 m in the Olympic Games in Melbourne. He then went to live in the USA and competed until 1962 before becoming a notable coach. He was 2nd at 5000 m at the 1954 World University Games and in the USA was AAU champion at 5000 m in 1961 and 2nd at 5000 m in 1958 and 1500 m in 1960. Hungarian champion at 1500 m in 1955, 1-mile record also 4:05.2 (1954); 14 internationals 1954-6. Other PBs: 800 m 1:52.9, 2000 m 5:03.0 (1955), 3000 m 8:00.8 (1956), 2 miles 8:45.6 (1960), 3 miles 13:28.0 (1960), 5000 m 13:53.2 (1955).

## STATS TIME

This week we include a list of the top ten SA men in the half marathon for 2018. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

### 2018 HALF MARATHON: TOP 10 MEN

1:01:26	Stephen Lesego Mokoka	16	Valencia	24 Mar
1:02:52	Elroy Gelant	41	Valencia	24 Mar
1:02:58	Lesiba Precious Mashele	44	Valencia	24 Mar
1:03:29	Joel Mmone	1	Gaborone	13 May
1:03:42	Melikhaya Frans	60	Valencia	24 Mar
1:04:06	Mashele	1	Polokwane	19 May
1:04:08	David Manja	1	Cape Town	31 Mar
1:04:12	Desmond Mokgobu	2	Polokwane	19 May
1:04:21	Lucky Modike Mohale	3	Polokwane	19 May
1:04:45	Misheck Sithole	4	Gaborone	13 May
1:04:57	Mbongeni Ngxazozo	4	Polokwane	19 May

### CORRECTION: 1500 M TOP TEN MEN

In last week's DRR a list of the top ten men in the 1500 was published, as compiled by the SA Athletics Statisticians. There were a few omissions. Here is an updated list.

3:39.17	Jerry Motsau	5	Oordegem	26 May
3:40.44	Ryan Mphahlele	1	Sasolburg	27 Mar
3:40.49	Nkosinathi Sibiyi	2	Sasolburg	27 Mar
3:41.90	Folavio Sehohele	5	Roodepoort	01 Mar
3:44.04	Rantso Mokopane	8	Roodepoort	01 Mar
3:44.48	Dumisane Hlaselo	9	Roodepoort	01 Mar
3:44.71	Treasure Derison	10	Roodepoort	01 Mar
3:44.91	George Kuschke	11	Roodepoort	01 Mar
3:47.39	Ruan Jonck	3	Sasolburg	27 Mar

3:47.58    Dais Malebana                      4    Sasolburg                      27 Mar

**THIS MONTH IN HISTORY****64 years ago: 12 June 1954**

In the first three decades of the Comrades Marathon the race was held on Empire Day, 24 May. Then it was twice held in July, and in 1954 it was run in June for the first time. On this day Wally Hayward scored the last of his five victories. It was an "up" run and he smashed the record set by Hardy Ballington in 1938 by more than 19½ minutes with his 6:12:55. He beat Trevor Allen, who had won the previous up run, by more than 32 minutes. Less than a month short of his 46th birthday, Hayward became the oldest winner in the history of the race, and he would keep this distinction until Vladimir Kotov, at 46, won in 2004. Hayward's record would stand until 1960, when Jackie Mekler ran the first sub-6 hour time. (Women were only allowed to participate officially in 1975.)

**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		
<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

100 km	2:54:49	Ed Whitlock (CAN) 2004		
	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	Thembeko 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**Open

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		

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	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		
<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	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		
<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	Simonay Weitsz	Kempton Park	31 Jan

21.1 km	48:33 80:48 67:57	Mekasha Waganesh Amare (ETH) 2011 Lesego Mpshe Polokwane Abebu Gelan Adugna (ETH) 2009	19 May
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