

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

Fast 10 km times by two older runners were recorded in Port Elizabeth and Cape Town this weekend. In the Youth Run 10 km in the Eastern Cape city master Desmond Zibi missed his list leader by two seconds when he ran 33:49 to beat all but the first veteran. The race was won by Gladwin Mzazi in 29:40 (with Melikhaya Frans and Mbongeni Ngxazozo also under 30 minutes) and Lebo Phalula in 34:45, her fastest time of the year.

In Guguletu, Cape Town, grandmaster Mochamat Kriel equalled his list leader of 38:26 when he won his category in the RCS Gugs Youth Race by almost six minutes. What an immense sadness one feels that the original name of this race, Dave Spence Memorial, has been dropped. In this way an important piece of the history of the sport -- in this case the memory of a man who contributed so much to athletics in the Western Cape -- will quickly be forgotten.

An interesting sidelight to the results of the Comrades Marathon published last week is that Carla Molinaro (GBR), who finished ninth, was one of a group of about six runners (the "Ufudu" group) who ran from Cape Town to Durban in the 19 days before the Comrades, and then ran the race! She covered about 810 km. She hurt a quad muscle after the first four days, but still ran parts of the rest of the route. Her totals by day: 94.0, 89.0, 90.2, 90.2, 58.5, 11.2, 0.0, 25.1, 43.0, 10.4, 0.0, 39.3, 60.1, 49.6, 39.9, 43.3, 30.3, 25.7, 10.2 -- and then 90.184!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Qaph'e Qolo Save the Rhino Half Marathon & 10 km, Mtubathuba
- * Youth Run 10 km, Port Elizabeth
- * RCS Gugs Youth Race 10 km, Guguletu
- * USSA Half-marathon Championships, Sasolburg

International highlights:

- * Grandma's Marathon & Garry Bjorklund Half Marathon, Duluth, USA
- * Lanzhou International Marathon "Bank of Lanzhou Cup", Lanzhou, CHN
- * Litchfield Hills Road Race, Litchfield, USA
- * Track: Meeting International d'Athletisme de Marseille, Marseille, FRA; Citius Meeting, Bern, SUI; Internationales Soundtrack-Meeting, Tübingen, GER; Zlata Tetra - Golden Spike, Ostrava, CZE; Kenya World U20 Championships Trials, Nairobi, KEN; Golden

Spike Leiden, Leiden, NED; Meeting Iberoamericano de Atletismo, Huelva, ESP; Orlen Janusz Kusocinski Memorial, Chorzow, POL

ROAD RUNNING

Qaph'e Qolo Save the Rhino Half Marathon & 10 km

Mtubathuba, 17 June

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 163; 10 km -- 158.)

Note: The times in this half marathon look very fast, but 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 figure of -4.74 sec/km (six time comparisons) -- just within the allowable limit of -5 sec/km. The performances therefore seem to be OK, but suspicion remains about the accuracy of the course. The runners shown as the first master and first grandmaster are both still seniors, so these results are omitted here. -- Ed.

Half marathon

MEN

1.	Tebello Kongoana	LES/Phantane AC	65:00
2.	Mbuleli Mathanga	IDV AC	65:33
3.	Ayanda Mncube	Ind	65:48

40-49:

1.	Patrick Fakude	Umfolozi AC	79:00
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WOMEN

1.	Jenet Mbhele	Ethekweni AC	76:56
2.	Lineo Chaka	Maxed Elite	79:24
3.	Slindile Chili	Ethekweni AC	83:09

40-49:

1.	Precious Duma	Nedbank AC	102:12
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50-59:

1.	Mamorallo Tjoka	LES	116:40
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60+:

1.	Clare Ackerman	Riverside Harr	134:51
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10 km

MEN

1.	Silindile Gubese	Ethekweni AC	30:09
2.	Sphamandla Nyembe	Ethekweni AC	30:21
3.	Phakamani Kunene	KZN AC	30:27

WOMEN

1.	Thobile Mkhize	KZN Academy	35:56
2.	Bathobile Mkhize	KZN Academy	37:26
3.	Ntombomzi Tywalana	KZN Academy	37:38

Youth Run 10 km

Port Elizabeth, 16 June

(Certified loop course. Weather: Very windy, 13 °C. Finishers: 402.)

MEN

1	Gladwin	Mzazi	Boxer	29	29:40
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2	Melikhaya	Frans	Ikhamva AC	28	29:46
3	Mbongeni	Ngxazozo	Boxer	38	29:47
4	Collen	Mulaudzi	Boxer	27	30:35
5	Andile	Motwana	Tinarha AC	21	30:41

Veterans:

1	Vakalisa	Kopolo	Nedbank RC WP	41	33:41
2	Zolile	Mhlahlo	Achilles AAA	43	34:45
3	Terrance	Mjekula	Tinarha AC	45	37:47

Masters:

1	Desmond	Zibi	Achilles AAA	54	33:49
2	Makaya	Masumpa	Born To Run	52	34:28
3	Darrell	Wicht	Madiba BW	55	37:50

G'masters:

1	Hannes	Els	Madiba BW	68	42:45
2	Sizinzo	Kama	Achilles AAA	66	44:05
3	Clifford	Hicken	Nedbank RC	61	45:28

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	76	48:07
2	Lochi	Lochner	Charlo AC	70	54:07
3	Syd	Lippstreu	Crusaders AC	70	54:36

Juniors:

1	Kwena	Matlala	Tukkies	18	33:08
2	Anele	Voorman	Nedbank RC	18	36:02
3	Keechen	Ruiters	Gelvan AC	17	37:48

WOMEN

1	Lebo	Phalula	Boxer	34	34:45
2	Lebogang	Phalula	Boxer	34	35:09
3	Zintle	Xiniwe	KPMG	31	35:41
4	Ntombesintu	Mfunzi	Nedbank RC	36	35:49
5	Bulelwa	Simae (1st vet)	Nedbank RC WP	41	39:57

Veterans:

1	Bulelwa	Simae	Nedbank RC WP	41	39:57
2	Adri	Wessels	St Albans AC	42	41:33
3	Davera	Magson	Nedbank RC	43	43:21

Masters:

1	Christine	Claasen	Achilles AAA	53	44:49
2	Janette	Schierz-Crusius	Body Concept	57	48:41
3	Buyelwa	Kobokana	Nedbank RC	53	50:47

G'masters:

1	Margie	Saunders	Nedbank RC	64	43:33
2	Helene	Oppel	Elite AC	68	1:00:27
3	Stephanie	Hay	Infinity AC	62	1:14:05

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	57:06
2	Ronelle	Steyn	Nedbank RC	74	1:01:52
3	Anelyne	Rheeder	Run 4 Christ AC	70	1:06:06

Juniors:

1	Vicky	Oelofse	Nedbank RC	17	43:10
2	Jastine	Van der Berg	SAPS AC EP	16	55:40
3	Liyema	Mbusi	Motherwell AC	14	57:00

RCS Gugs Youth Race 10 km (9th)

Guguletu, 16 June

(Certified flat loop course. Finishers: 1262 [down from 1326 last year].)

MEN

1. Anthony Timoteus (UWC) 30:18 (R650)
2. Danzil Pause (Sanlam) 30:32 (R450)
3. Ashley Smith (UWC) 30:37 (R350)
4. Siviwe Nkombi (Itheko) 30:44 (R150)

(All age category prize money except for juniors was the same: R300, R200, R150.)

Veterans: 1. Mthandazo Qhina (Ned) 32:54; 2. Bonisile Ngculana (VOB) 34:46; 3. Xolile Macanda (Gugs) 36:34. **Masters:** 1. John September (Itheko) 37:13; 2. Tobias Philander (Itheko) 37:20; 3. Monde Tutani (Langa) 39:40. **G'masters:** 1. Mochamat Kriel (Ommie) 38:26; 2. Robert Arnold (Top) 44:11; 3. Michael Crozier (Atlantis) 45:07. **G/g'masters:** 1. Willie van Wyk (Brack) 48:46; 2. Jeff Smith (Itheko) 54:26; 3. Oloff Crous (Brack) 58:54. **Juniors:** 1. Thembeke Mendu (Gugs) 32:48 (R300); 2. Edward Jack (Central) 33:40 (R250); 3. Zubenathi Nqapayi (Central) 34:41 (R200).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Langa) 37:48
2. Madele du Plessis (Ned) 40:39
3. Natralie Beckenstrater (WC) 41:09
4. Sandra Kohnert (Edge) 42:25 (1st mast)

Veterans: 1. Melany Porter (Pine) 43:29; 2. Karen [illegible] (Sanlam) 51:07; 3. Taskeen Fakier (Itheko) 51:09. **Masters:** 1. Sandra Kohnert (Edge) 42:25; 2. Mariëtte Strauss (Tyger) 43:23; 3. Olga Howard (Ned) 43:48. **G'masters:** 1. Hilary Rhode (Edge) 49:09; 2. Charmaine Cupido (Ned) 49:14; 3. Sonia Smith (Celtic) 52:20. **G/g'masters:** 1. Pixie Sparg (Celtic) 56:42; 2. Annatjie Berntzen (Good) 75:37; 3. Jenmeer Josephs (Ommie) 89:30. **Juniors:** 1. Anita Nonene (Gugs) 43:10; 2. Emihle Ntuthu (VOB) 46:06; 3. Emihle Mbinda (VOB) 47:34.

USSA Half-marathon Championships

Sasolburg, 29 April

(Distance: "21.1 km". Finishers: 62.)

Note 1: Some eye-popping times here! 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 what is probably the highest negative figure ever calculated by DRR: -17.05 sec/km for eleven time comparisons! Even if the two most extreme figures are ignored, the other nine still shows -10.03 sec/km -- more than double the allowable -5 sec/km. This course is likely far short of 21.1 km and these times can therefore not be used for statistical purposes. -- Ed.

Note 2: As far as DRR can ascertain, these were the debut half marathons for both winners, Thamsanqa Khonco and Rachel Leistra. The times were recorded in hundredths of a second and rounded up by DRR according to the rules. The track results will be included next week. -- Ed.

MEN

1. Thamsanqa Khonco (UJ) 1:06:19
2. Puseletso Mofokeng (NWU) 1:06:36
3. Mariano Eesou (NMMU) 1:07:19
4. Nkosikhona Mhlakwana (UKZN) 1:09:04
5. Molelekoa Matoli (CUTW) 1:09:08

6. Sive Ngubo (TUT) 1:10:35
7. Jonas Soke (CUTW) 1:10:39
8. Kuhle Malongwana (UWS) 1:10:43
9. Ayabonga Mavuso (CUT) 1:10:45
10. Mpho Litabe (CUTW) 1:10:50

WOMEN

1. Rachel Leistra (UJ) 1:22:19
2. Sophie Cope (UCT) 1:24:00
3. Caitlyn Mahony (UCT) 1:26:17
4. Yvonne Steenkamp (Maties) 1:28:49
5. Cian Oldknow (UJ) 1:30:14
6. Thembi Baloyi (TUT) 1:30:45
7. Thabiso Mabasa (UL) 1:31:36
8. Gianna Marais (Maties) 1:33:18
9. Tholoana Peu (TUT) 1:36:12
10. Marina van Tonder (Maties) 1:37:07

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

Grandma's Marathon (42nd) & **Garry Bjorklund Half Marathon** (28th)

Duluth, USA, 17 June

(Distances: 42.195 km, certified, & 21.1 km, certified. The marathon loses 38 m of elevation and has a 93.5% start/finish separation [not record-eligible]; the half marathon loses 11 m of elevation and has a 94% start/finish separation [not record-eligible].)

Marathon (gun times)

MEN

1. Elisha Barno, 32, Santa Fe, NM (KEN) 2:10:06 \$10,000 + 2,500i
2. Birhanu Dare Kemal, 31, New York, NY (ETH) 2:12:21 PB 7,500 + 1,500i
3. Rodgers Gesabwa, 30, Guadalupe, MEX (KEN) 2:13:23 PB 5,000 + 1,250i

i) Earned time incentive bonus

WOMEN

1. Kellyn Taylor, 31, Flagstaff, AZ 2:24:29 PB/ER \$10,000 + 10,000i + 16,000*
2. Askale Merachi, 31, South Floral Park, NY (ETH) 2:30:18 PB 7,500 + 2,500i
3. Serkalem Biset Abrha, 31, Albuquerque, NM (ETH) 2:33:44 5,000 + 1,250i
4. Grace Kahura, 25, Boulder, CO (KEN) 2:34:02 DB 4,000 + 1,000i
5. Hellen Jepkurgat, 37, Grand Prairie, TX (KEN) 2:35:17 3,500 + 900i

*) Event record bonus

Half Marathon (gun times)

MEN

1. Panuel Mkungo, 24, Elkton, MD (KEN) 1:02:50 \$3000
2. Fernando Cabada, 36, Lakewood, CO 1:03:22 2000
3. Boniface Kongin, 28, Albuquerque, NM (KEN) 1:03:41 1500

WOMEN

1. Monicah Ngige, 24, Lansing, MI (KEN) 1:09:55 PB \$3000

2. Sarah Crouch, 28, Flagstaff, AZ 1:11:31 PB 2000
 3. Simegn Abnet Yeshanbel, 32, Bayfield, CO (ETH 1:12:18 1500

Lanzhou International Marathon "Bank of Lanzhou Cup" (8th)

(IAAF Gold Label Road Race)

Lanzhou, CHN, 10 June

(Distance: 42.195 km)

MEN (gun times)

1. Kelkile Gezahegn Woldaregay, ETH 2:11:00 USD 20,000
 2. Ernest Kiprono Ngeno, KEN 2:12:32 15,000
 3. Alex Chepkwik Saekwo, KEN 2:13:01 10,000

WOMEN (gun times)

1. Merima Mohammed Hasen, BRN 2:32:21.22 USD 20,000
 2. Kebede Megertu Alemu, ETH 2:32:21.96 15,000
 3. Muluhabt Tsega Chekol, ETH 2:32:32.47 10,000
 4. Tigist Girma Getachew, ETH 2:32:53 8,000
 5. Mercy Jerotich Kibarus, KEN 2:34:25 6,000

Litchfield Hills Road Race (42nd)

Litchfield, USA, 10 June

(Distance: 7.04 miles; very hilly)

MEN (gun times)

1. Linus Kiplagat, 23, Lansing, MI (BRN) 33:17 CR* \$1000
 2. Tyler Pennel, 30, Blowing Rock, NC 33:34 750
 3. Isaac Mukundi, 30, Lansing, MI (KEN) 33:52 500

WOMEN (gun times)

1. Margaret Wamahiga, 27, Lansing, MI (KEN) 39:29 \$1000
 2. Belaynesh Fikadu, 31, Bronx, NY (ETH) 41:03 750
 3. Josephine Wanjiku, 24, Lansing, MI (KEN) 41:36 500

TRACK

Meeting International d'athletisme de Marseille

(European Athletics Classic Permit Meeting)

(Pro Athlé Tour Meeting)

Marseille, FRA, 16 June

MEN

800:

Race A:

1. Mostafa Smaili, MAR, 97 1:45.76
 2. Andrew Osagie, GBR, 88 1:45.79
 3. Gabriel Tual, FRA, 98 1:46.49

1500:

Race A:

1. Charlie Grice, GBR, 93 3:36.48
 2. Isaac Kimeli, BEL, 94 3:36.51
 3. Jake Wigntman, GBR, 94 3:37.04

WOMEN

800:

- | | |
|-----------------------------------|---------|
| 1. Noelie Yarigo, BEN, 85 | 2:01.68 |
| 2. Ajok Docus, UGA, 94 | 2:01.84 |
| 3. Leila Boufaairane, FRA, 91 | 2:02.59 |
| 4. Elena Bello, ITA, 97 | 2:02.70 |
| 5. Shelayna Oskan Clarke, GBR, 90 | 2:02.87 |
| 6. Rose mary Almanza, CUB, 92 | 2:03.67 |
| 7. Gena Lofstrand, RSA, 95 | 2:03.82 |

Citius Meeting

Bern, SUI, 16 June

MEN

800:

- | |
|--|
| 1. Christoph Kessler, 1995, GER, 1:48.25 |
| 2. Joshua Ralph, 1991, AUS, 1:48.27 |
| 3. Khaled Benmahdi, 1988, ALG 1:48.30 |
| ... 7. Hannes Naude, 1990, RSA, 1:49.46 |

1500:

- | |
|--|
| 1. Ryan Gregson, 1990, AUS, 3:37.68 |
| 2. Jordy Williamsz, 1992, AUS, 3:40.33 |
| 3. Ali Hamdi, 1989, BEL, 3:41.04 |
| 4. Abraham Rotich, 1993, BRN, 3:41.59 |
| 5. Jerry Motsau, 1990, RSA, 3:41.94 |

Internationales Soundtrack-Meeting (4th)

Tübingen, GER, 16 June

MEN

800 (Gala):

Race 1:

- | | |
|-----------------------------|---------|
| 1. Peter Bol, AUS, 1994 | 1:45.41 |
| 2. Joseph Deng, AUS, 1998 | 1:45.70 |
| 3. Filip Snejder, CZE, 1995 | 1:45.99 |

Race 2:

- | | |
|------------------------------------|---------|
| 1. Henco Uys, RSA, 1992 | 1:48.50 |
| 2. Christian von Eitzen, GER, 1997 | 1:48.82 |
| 3. Marius Probst, GER, 1995 | 1:48.92 |

Zlata Tetra - Golden Spike (57th)

(IAAF World Challenge)

Ostrava, CZE, 13 June

MEN

3000:

- | | | |
|---|---------|-------|
| 1. Selemon Barega, ETH, 20 Jan 00 | 7:37.53 | WL PB |
| 2. Birhanu Balew, BRN, 27 Feb 96 | 7:38.25 | PB |
| 3. Haile Tilahun, ETH, 13 May 99 | 7:38.55 | PB |
| 4. Chala Regassa, ETH, 30 Apr 97 | 7:38.78 | PB |
| 5. Abadi Hadis, ETH, 6 Nov 97 | 7:39.10 | PB |
| 6. Thierry Ndikumwenayo, BDI, 26 Mar 97 | 7:41.04 | PB |

7. Soufiyan Bouqantar, MAR, 30 Aug 93	7:41.04 SB
8. Ben True, USA, 29 Dec 85	7:41.86 SB
9. Yemaneberhan Crippa, ITA, 15 Oct 96	7:43.30 PB
10. Haymanot Alewe, ETH, 11 Nov 97	7:43.36 PB
Jerry Motsau, RSA, 12 Mar 93	DNF

WOMEN

800:

1. Rababe Arafi, MAR, 12 Jan 91	1:59.20 SB
2. Noélie Yarigo, BEN, 26 Dec 85	2:00.89 SB
3. Olha Lyakhova, UKR, 18 Mar 92	2:00.90 SB
4. Genzebe Dibaba, ETH, 8 Feb 91	2:01.51 SB
5. Lynsey Sharp, GBR, 11 Jul 90	2:01.79
6. Anita Hinriksdóttir, ISL, 13 Jan 96	2:01.92 SB
7. Hanna Hermansson, SWE, 18 May 89	2:02.38 SB
8. Chrishuna Williams, USA, 31 Mar 93	2:02.45 SB
9. Meraf Bahta, SWE, 24 Jun 89	2:02.45 PB

1500:

1. Gudaf Tsegay, ETH, 23 Jan 97	4:02.45
2. Sarah McDonald, GBR, 2 Aug 93	4:04.41 PB
3. Simona Vrzalová, CZE, 7 Apr 88	4:04.80 PB
4. Sofia Ennaoui, POL, 30 Aug 95	4:05.06 SB
5. Nelly Jepkosgei, KEN, 14 Jul 91	4:05.17

3000 s/chase:

1. Norah Jeruto, KEN, 2 Oct 95	9:11.33 MR
2. Peruth Chemutai, UGA, 10 Jul 99	9:16.89 PB
3. Daisy Jepkemei, KEN, 13 Feb 96	9:23.70

Kenya World U20 Championships Trials

Kasarani Stadium, Nairobi, KEN, 11-12 June
(Altitude: Nairobi is at 1800 m of altitude)

MEN

800 (12):

1. Solomon LEKUTA (KEN) 1999, 1:46.21	3. Julius KIPCHIRCHIR (KEN) 2000, 1:47.56
2. Kipngetich NGENO (KEN) 2000, 1:46.49	5. Denis KIPNGETICH (KEN) 1999, 1:48.35
4. Jeremiah KIPTANUI (KEN) 2000, 1:48.21	6. Eliud LIMO (KEN) 1999, 1:48.82
7. Gideon KIPLIMO (KEN) 1999, 1:49.45	8. Ian KIPCHUMBA (KEN) 1999, 1:49.49

1500 (12):

1. Justus SOGET (KEN) 1999, 3:37.79	4. John IRUNGU (KEN) 2001, 3:42.76
2. George MANANGOI (KEN) 2000, 3:39.87	5. Maxon KIPNGÉTICH (KEN) 2000, 3:42.85
3. Brimin KIPROTICH (KEN) 1999, 3:42.06	6. Timon KIPTOLO (KEN) 1999, 3:43.36
7. Michael KIBET (KEN) 1999, 3:43.90	8. Victor KIPKIRUI (KEN) 2000, 3:46.20
9. Wesley RONO (KEN) 2000, 3:48.51	10. Newton KIPKURUI (KEN) 1999, 3:49.01

5000 (12):

1. Edward ZAKAYO (KEN) 2001, 13:19.74	3. Vincent Kiprotich KIBET (KEN) 1999, 13:32.68
2. Stanley WAITHAKA (KEN) 2000, 13:23.67	4. Vincent Kibet YEGON (KEN) 2000, 13:34.20
5. Samuel CHEBOLEL (KEN) 2001, 13:35.44	6. Evans KEITANY (KEN) 1999, 13:42.00
7. Edwin KIPLANGAT BETT (KEN) 2000, 13:48.52	8. Wesley LEDAMA (KEN) 1999, 13:50.94
9. Johnson CHERUIYOT	

(KEN) 1999, 13:52.65 10. Bernard Kipkirui LANGAT (KEN) 2001, 13:53.28 11. Samuel KIBET (KEN), 13:55.69 12. Raphael KOLIAN (KEN) 2001, 13:56.38 13. Dennis KIPLAGAT (KEN) 1999, 14:04.71 14. Andrew KWEMOI (KEN) 1999, 14:05.41 15. Jackson KAVESA (KEN) 2001, 14:06.21

10000 (11):

1. Rhonex KIPRUTO (KEN) 1999, 27:49.6h
 2. Solomon Kiplimo BOIT (KEN) 1999, 28:18.1h 3. Victor Kipkirui KORIR (KEN) 2002, 28:30.3h 4. Kelvin KIBIWOTT (KEN) 2000, 28:37.2h 5. Vincent KIPKIRUI (KEN) 2000, 28:42.8h 6. Shadrack KIPROP (KEN) 1999, 28:47.9h 7. Evans KIPKORIR (KEN) 2001, 28:48.3h 8. Edward KIBET (KEN) 1999, 28:52.2h 9. Isaac KIPSANG TEMOI (KEN) 1999, 29:13.8h

3000 s/chase (12):

1. Leonard Kipkemai BETT (KEN) 2000, 8:21.40 2. Philemon RUTO (KEN) 2001, 8:26.52
 3. Cleophas KANDIE (KEN) 2000, 8:30.43 4. Gilbert MUTAI (KEN) 2001, 8:38.44 5. Abel KIPLIMO (KEN) 2001, 8:41.35 6. Lawi KOSGEI (KEN) 1999, 8:46.15 7. Alex CHERONO (KEN) 2000, 8:47.07 8. Hillary MOSOP (KEN) 1999, 8:50.42 9. Festus KIPROTICH (KEN) 1999, 8:52.51 10. Vincent KIPCHUMBA (KEN) 2001, 8:53.78 11. Stephen KIPLAGAT (KEN) 1999, 8:56.73 12. Cosmas KIPROTICH (KEN) 1999, 9:00.05 13. Nathan ROTICH (KEN) 2000, 9:05.75 14. Edwin KIPKEMOI (KEN) 2000, 9:09.02 15. Samson BII (KEN) 2002, 9:18.68

WOMEN

800 (12):

1. Lydia JERUTO (KEN) 2000, 2:02.34
 2. Jackline WAMBUI (KEN) 2000, 2:05.16
 3. Angela NDUNGWA (KEN) 2001, 2:08.02
 4. Eunice BOKE (KEN) 2002, 2:09.07
 5. Naomi CHELANGAT (KEN) 2001, 2:12.61
 6. Ronnies CHELANGAT (KEN) 2001, 2:13.00 7. Elizabeth BISONGA (KEN) 1999, 2:13.56
 8. Sheila CHEPKOSGEI (KEN) 2002, 2:16.55 9. Vicoty CHEPNGETICH (KEN) 2000, 2:17.48

1500 (12):

1. Edinah JEBITOK (KEN) 2001, 4:11.00
 2. Mirriam CHEROP (KEN) 1999, 4:11.06
 3. Mercyline CHERONO (KEN) 2001, 4:18.18 4. Qualyne JEBIWOTT KIPROP (KEN) 1999, 4:22.14 5. Janeth CHEPKOECH (KEN) 2001, 4:28.38 6. Esther MORAA (KEN) 2000, 4:29.19 7. Lydia JEPTARUS (KEN) 2000, 4:29.38 8. Renny JELAGAT (KEN) 2001, 4:29.42
 9. Viola CHEPKIRUI (KEN) 2002, 4:30.60

3000 (12):

1. Zena JEMUTAI (KEN) 2000, 9:06.92
 2. Mercy CHEPKORIR (KEN) 2001, 9:06.96
 3. Catherine SYOKAU (KEN) 1999, 9:10.03 4. Citia CHEPNGENO (KEN) 2000, 9:11.84 5. Betty CHEPKEMOI (KEN) 2000, 9:14.87 6. Viola CHEPKIRUI (KEN) 2002, 9:20.43 7. Debora CHEMUTAI (KEN) 2002, 9:21.24 8. Immaculate CHEPKIRUI (KEN) 2000, 9:21.60
 9. Esther CHELIMO (KEN) 2000, 9:30.19 10. Immaculate ANYANGO (KEN) 2000, 9:35.62
 11. Annah NAASISHO LEPARAKUO (KEN) 2001, 9:39.59 12. Faith CHEPENGAT (KEN) 1999, 9:43.58 13. Betty CHELANGAT (KEN) 2002, 9:59.70 14. Jennifer MWENDE (KEN) 2001, 10:02.94 15. Mary MUOTI (KEN) 2000, 10:15.69

5000 (11):

1. Beatrice CHEBET (KEN) 2000, 15:31.66 2. Hellen EKALALE (KEN) 1999, 15:46.97 3. Debora CHEMUTAI (KEN) 2002, 15:48.38 4. Betty CHEPKEMOI (KEN) 2000, 15:58.44 5. Catherine SYOKAU (KEN) 1999, 16:03.61 6. Agnes JEBET NGETICH (KEN) 2001, 16:12.77
 7. Jackline CHEPWOGEN ROTICH (KEN) 2000, 16:12.78 8. Roselida JEPKETER (KEN) 2000,

16:15.61 9. Vicky CHIRCHIR (KEN) 2000, 16:17.19 10. Jane NYABOKE (KEN) 2002, 16:17.37 11. Catherine RELIN (KEN) 2002, 16:18.01 12. Celestine CHEPKIRUI (KEN) 2001, 16:19.89 13. Faith NTHOKI (KEN) 2002, 16:22.50 14. Dolphine OMARE (KEN) 2001, 16:22.74

3000 s/chase (11):

1. Celliphine CHESPOL (KEN) 1999, 9:26.57 2. Mercy CHEPKURUI (KEN) 2000, 9:29.42
3. Fancy CHERONO (KEN) 2001, 9:39.72 4. Mercy WANJIRU (KEN) 1999, 9:39.90 5. Caren CHEBET (KEN) 2000, 9:58.70 6. Naomi CHEPKEMOI (KEN) 1999, 10:02.64 7. Assel CHEPKEMBOI (KEN) 1999, 10:08.10 8. Diana CHEPKORIR (KEN) 2001, 10:20.90

Golden Spike Leiden (47th)

Leiden, NED, 9 June

MEN

800 (results of heats combined):

1. Tedesse Lemi, ETH, 1:47,23
2. Richard Douma, AV Zaanland, 1:47,88
3. Alex Rowe, AUS, 1:48,57
4. Tony van Diepen, AV Lycurgus, 1:48,79
5. Henco Uys, RSA, 1:48,86

10000:

1. Sam Cherop, UGA, 27:39,45 0
2. Al Mahjoub Dazza, MAR, 27:39,79
3. Abdallah Kibet Mande, UGA, 27:46,27

3000 s/chase:

1. Tom Erling Karbo, NOR, 8:34,19
2. Ieuan Thomas, GBR, 8:34,93
3. Jonathan Hopkins, GBR, 8:36,96
... 7. Rantso Mokopane, RSA, 9:01,96

Meeting Iberoamericano de Atletismo (14th)

(European Athletics Classic Permit Meeting)

Huelva, ESP, 8 June

MEN

800:

Race A:

1. Saúl ORDOÑEZ GAVELA, ESP	1:44.44	MR
2. Alvaro DE ARRIBA LOPEZ, ESP	1:44.99	PB
3. Tolesa BODENA, ETH	1:45.56	PB
4. Guy LEARMONTH, GBR	1:46.46	
5. Sho KAWAMOTO, JPN	1:47.16	SB
Pierre Ambroise BOSSE, FRA		DQ

5000:

1. Tilahun HAILE, ETH	13:04.63	WL
2. Aron KIFLE, ERI	13:09.06	PB
3. Abe GASHAHUN, ETH	13:22.38	PB
4. Antonio ABADIA BECI, ESP	13:24.18	SB
5. Juan Antonio PEREZ MORENO, ESP	13:28.30	PB

WOMEN

Race A:

- | | | |
|----------------------------|---------|----|
| 1. Malika AKKAOUI, MAR | 2:00.48 | SB |
| 2. Mahelet MULUGETA, ETH | 2:00.78 | SB |
| 3. Renelle LAMOTE, FRA | 2:00.96 | SB |
| 4. Adelle TRACEY, GBR | 2:01.52 | SB |
| 5. Yusneysi SANTIUSTI, ITA | 2:01.91 | SB |

1500:

Race A:

- | | | |
|--|---------|----|
| 1. Marta PEREZ MIGUEL, ESP | 4:07.10 | SB |
| 2. Winfredah NZISA, KEN | 4:07.53 | SB |
| 3. Margherita MAGNANI, ITA | 4:07.88 | |
| 4. Esther GUERRERO PUIGDEVALL, ESP | 4:07.90 | PB |
| 5. Solange Andreia PEREIRA DA PONTE, ESP | 4:08.52 | SB |

Orlen Janusz Kusocinski Memorial (64th)

Chorzow, POL, 6 June

MEN

800:

1. Ferguson ROTICH, 1989, KEN, 1:45.70
2. Adam KSZCZOT, 1989, RKS Łódź, 1:46.12
3. Kipyegon BETT, 1998, KEN, 1:46.27

WOMEN

1500:

1. Genzebe DIBABA, 1991, ETH, 3:56.68 WL
2. Axumawit EMBAYE, 1994, ETH, 4:04.90
3. Diana SUJEW, 1990, GER, 4:05.95
4. Sofia ENNAOUI, 1995, MKL Szczecin, 4:07.04
5. Simona VRZALOVA, 1988, CZE, 4:07.32 SB

OBITUARY**VERSATILE DICK QUAX PASSES AWAY**

Theodorus Jacobus Leonardus 'Dick' Quax (New Zealand) (b. 1 January 1948 in Alkmaar, Netherlands) died in Auckland on 28 May at the age of 70. *Athletics International* reports that the versatile Quax, who would excel over distances from 1500 m to the marathon, moved to New Zealand with his family in the 1950s and made his international debut when winning the 1500 m silver medal at the 1970 Commonwealth Games, also placing 7th at 5000 m. He made his Olympic debut in a heat of the 1500 m in 1972 and, moving up in distance, was second to Lasse Viren at 5000 m at the 1976 Olympics (also heat 10000 m). He was 9th at 10000 m at the 1978 Commonwealth Games.

In 1977 he ran a world record for 5000 m with 13:12.87 in Stockholm, having earlier run on New Zealand teams that set a world record at 4x1 mile (16:02.8 on 3 February 1972 in Auckland) and an unratified 14:50.4 at 4x1500 m at Oslo on 22 August 1973, Quax running notable anchor legs in 3:58.4 and 3:35.9 respectively.

In 1979 he ran the then fastest debut marathon of 2:11:13 and improved his best to 2:10:47 in 1980 in a win at Eugene. Both were New Zealand records, and he also set six NZ records at 5000 m from 13:35.0 in 1972 to that 13:12.87, and two at 10000 m: 27:46.08 (1976) and 27:41.95 (1977). Other PBs: 1500 m 3:36.69 (1976), 1 mile 3:56.23 (1976), 2000 m 5:10.0 (1972), 3000 m 7:45.11 (1977), 2 miles 8:17.08 (1976). NZ champion at 1 mile 1969, 5000 m 1972-4. He was a member of the NZ team that won the

world cross-country title in 1975. He went on to coach and was an Auckland City Councillor from 2011.

His son Theo (b. 27 December 1999) is a promising middle-distance runner (1500 m 3:47.54 this year).

STATS TIME

This week we include a list of the top ten SA women 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. Nolene Conrad has the three fastest times; only she and Jenet Mbhele has run under 1:17:00.

2018 HALF MARATHON: TOP 10 WOMEN

1:11:44	Nolene Conrad	25	Valencia	24 Mar
1:13:05A	Conrad	1	Simon's Town	18 Feb
1:16:18	Conrad	1	Cape Town	31 Mar
1:16:23	Jenet Mbhele	76	Valencia	24 Mar
1:17:55	Jenna Challenor	1	Pietermaritzburg	25 Feb
1:18:23	Cornelia Joubert	91	Valencia	24 Mar
1:18:24A	Zintle Xiniwe	2	Simon's Town	18 Feb
1:18:37	Irvette van Zyl	1	Bedfordview	14 Jan
1:18:43	Mapaseka Makhanya	92	Valencia	24 Mar
1:18:49	Challenor	1	Hillcrest	11 Feb
1:19:12	Portia Ngwenya	3	Polokwane	19 May
1:19:16A	Hanlie Botha	1	East London	18 Feb
1:19:22	Lebogang Phalula	5	Cape Town	31 Mar

THIS MONTH IN HISTORY

41 years ago (exactly): 18 June 1977

It is not certain when the Dan Luyt 15 km race in Bellville started; despite some extensive research the date of the first race has not been found, and some followers of road running in the Western Cape say it originated as early as 1948. However, the earliest winner that could be found was in 1974, when the later well-known athletics journalist Eben Human won. On this day Ewald Bonzet, who four months earlier had run his career best of 3:57.3 for the mile (and two months after that won the SA 1500-metre title), scored a win in 53:38 (the distance was 16 km up to 1983). Bonzet won again in 1983 and 1985, when the race was held in April. He passed away in 2016.

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	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		

Grandmasters (60+)

10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
		(The same time in Guguletu on 16 June.)		
	32:48	Martin Rees (GBR) 2013		
15 km	57:51	Mochamat Kriel	Ravensmead	24 Mar

21.1 km	54:32	Cees Stolwijk (NED) 2013		
	85:12	Mochamat Kriel	Cape Town	13 May
25 km	71:31	Martin Rees (GBR) 2013		
	2:06:10	Derrick Mazibuko	Durban	21 Mar
	1:48:50A	Andy Daly	Pinetown	28 Jan
30 km	94:01	Doug Winn (USA) 2010		
	2:18:26	Alan Taylor	Uitenhage	03 Mar
	2:11:11A	Mochamat Kriel	Camps Bay	14 Jan
Marathon	1:57:07	Ed Whitlock (CAN) 1994		
	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		

Great grandmasters (70+)

10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	67:11	Jimmy Morris	Constantia	10 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	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
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:55:49	Pele Tshikundamalema	Sasolburg	03 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		

Juniors

10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	49:33	Thembeke Mendu	Constantia	10 Mar
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	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		
<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		
<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	94:29	Margie Saunders	Port Elizabeth	26 May
	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	Veronica van Niekerk	Gordon's Bay	14 Apr
	97:38	Lavinia Petrie (AUS) 2014		
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 Miketta (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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