

Distance Running Results

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EDITORIAL

Caster Semenya produced another outstanding run in the Diamond League meeting in Rabat on Friday night when she set another SA record -- this time in the 1000 metres -- with a storming front-running display. Semenya ran 2:31.01 to smash the national mark she clocked in Pretoria in March by more than four seconds. She is now sixth on the world all-time list, which is led by the 1996 world record of Svetlana Masterkova (2:28.98). In second place on the list is Maria Mutola's Africa record of 2:29.34, run in 1995. Mutola has three more times faster than Semenya.

Dominique Scott was also in action in Rabat and finished ninth in the 5000 m in 15:11.65, not far off her PB of 15:10.23 in the Prefontaine Classic.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Fairbridge Mall 15 km, Brackenfell
- * AfriForum Springbok Vasbyt 25 km & 10 km, Pretoria
- * Momentum Knysna Forest Marathon & Half Marathon, Knysna
- * Trevor Klose 10 km, East London
- * XC: KZN League Meeting, Pietermaritzburg

International highlights:

- * Ballad Health & Niswonger Children's Hospital Crazy 8's 8 km, Kingsport, USA
 - * Utica Boilermaker 15 km, Utica, USA
 - * Track: Athletics World Cup, London, GBR; IAAF World U20 Championships, Tampere, FIN; Meeting International Mohammed VI D'Athletisme, Rabat, MAR; International Antwerps Atletiek Gala, Merksem, BEL; European Athletics U18 Championships, Győr, HUN
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ROAD RUNNING

Fairbridge Mall 15 km

Brackenfell, 14 July

(Certified hilly out-and-back course. Finishers: 1348 [considerably up from 859 last year].)

MEN

1. Danzil Paule (Sanlam) 46:46

2. Sibusiso Madikizela (AAC) 48:15
3. Angelo Booysen (CS) 48:16

Veterans: 1. Mthandazo Qhina (Ned) 49:25; 2. Tsungai Mwanengeni (ZIM/Gugs) 51:11; 3. Vakalisa Kopolo (Ned) 52:24. **Masters:** 1. Andrew Cooper (Ned) 58:10; 2. Eckhardt Visser (Durb) 61:15; 3. Clifford Blake (Bell) 65:02. **G'masters:** 1. Mochamat Kriel (Ommie) 64:47; 2. Hennie Wentzel (Durb) 69:55; 3. Gemjikile Tom (Gugs) 70:57. **G/g'masters:** 1. Leon Otto (Sald) 81:40; 2. John Kemp (Brack) 85:08; 3. Jeff Smith (Itheke) 86:27. **Juniors:** 1. Shiraz Shakeel (Ned) 65:33; 2. Masibonge Poni (Ind) 66:07; 3. Bradley de Kock (Good) 68:47.

WOMEN

1. Nomvuyisi Seti (Langa) 59:54
2. Amy Abrahams (Ned) 61:16
3. Jana le Roux (KPMG) 62:00 (1st jun)

Veterans: 1. Melany Porter (Pine) 67:44; 2. Jacky Misroll (Pine) 71:08; 3. Marlize van Niekerk (Met) 75:11. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 65:36; 2. Mariëtte Strauss (Tyger) n/t; 3. Olga Howard (Ned) 68:28. **G'masters:** 1. Nancy Will (Pine) 74:30; 2. Beverley Ball (SACS OB) 83:27; 3. Marcelle le Roux (Strand) 84:31. **G/g'masters:** 1. Marietha Herbert (Bell) 85:55; 2. Pixie Sparg (Celtic) 88:26; 3. Marlene James (Pine) 1:42:50. **Juniors:** 1. Jana le Roux (KPMG) 62:00; 2. Layla Abouzaid (Good) 69:04; 3. Razaan Kamaldien (Carb) 72:32.

AfriForum Springbok Vasbyt 25 km & 10 km

Pretoria (Voortrekker Monument), 14 July

(Loop courses, mostly on gravel and trails. Finishers: 25 km – 280 [huge decrease from 716 last year]; 10 km – 470 [less than half of last year's 1040]; also 760 in the 5 km.)

Note: An amazing decrease in numbers here from a total of 1756 in the two races last year to a mere 750 this year. -- Ed.

25 km

MEN

- 1 Teboho Lejaha (LES/Arcadia) 93:09; 2 Peter Mokhubedu (Run Zone) 95:23; 3 Thabang Madiba (Openserve) 97:08.

Veterans: 1 Greg Barnes (Born 2 Run) 1:42:03. **Masters:** 1 Kwena Mantji (Sentrarand) 1:55:03. **G'masters:** 1 Marius Carstens (Vitality) 2:10:01. **G/g'masters:** 1 Iain McFadyen (Phobians) 2:42:40.

WOMEN

- 1 Anneri Kruger (Magnolia) 2:03:36; 2 Maphuti Phaka (Born 2 Run) 2:06:21 (1st vet); 3 Cherise Sanders (Nedbank) 2:06:38.

Veterans: 1 Maphuti Phaka (Born 2 Run) 2:06:21. **Masters:** 1 Sandra Steenkamp (Irene) 2:16:56. **G'masters:** 1 Agnes Kirch (BNAC) 3:47:10.

10 km

MEN

- 1 Collen Mulaudzi (Boxer) 37:52; 2 Paulus Radebe (FFA) 38:18; 3 Kwena Matlala (Tuks) 39:53.

Veterans: 1 Moses Njuguna (KEN/Nedbank) 41:09. **Masters:** 1 Andre Strydom (Eskom) 58:08. **G'masters:** 1 Trevor Parry (HMK) 54:35. **G/g'masters:** 1 Gerhard v.d. Raad

(Irene) 80:46. **80+:** 1 Ken Nurden (Agape) 80:10. **Juniors:** 1 Kwena Matlala (Tuks) 39:53.

WOMEN

1 Leshan Curlewis (Waterkloof HS) 45:03 (1st jun); 2 Nicole Venter (Temp) 48:00; 3 Charlene Archer (Fit Pta) 51:14.

Veterans: 1 Marilise Bouwer (HMK) 52:37. **Masters:** 1 Maria Bendana (Morningside) 53:25. **G'masters:** 1 Joey Cloete (Irene) 65:29. **G/g'masters:** 1 Elsa Meyer (Irene) 80:46. **80+:** 1 Deirdre Larkin (Randburg) 84:27. **Juniors:** 1 Leshan Curlewis (Waterkloof HS) 45:03.

Momentum Knysna Forest Marathon (34th) & Half Marathon

Knysna, 7 July

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, mostly on gravel. Finishers: marathon – 726 [down from 780 last year]; half marathon – 5269 [up from 4936].)

Marathon

MEN

1. John April (Ned) 2:34:48 (R4500)
2. André Ketchem (Xcel) 2:35:43 (R2500)
3. Mzolisi Makhanda (Ned EP) 2:36:22 (R2000)
4. Bernard Rukadza (ZIM/Itheko) 2:40:27 (R1000)
5. Ben Matiso (Itheko) 2:40:50 (R600)

WOMEN (Same prize money as men)

1. Adele Broodryk (Puk) 3:14:33
2. Claire Horner (MTD) 3:18:04
3. Candyce Hall (Carb) 3:21:18
4. Linda Kinloch-Smith (Asics) 3:25:04
5. Nancy Cloete (Outen) 3:25:27

Half marathon

MEN

1. Lloyd Bosman (Ned) 1:06:10 (R3500)
2. Etienne Plaatjies (Ned) 1:08:03 (R2000)
3. Siphwiwo Klaas (Ned WP) 1:08:10 (R1500)
4. Godwin Heyns (Ned) 1:08:42 (R600)
5. Nkosinathi Madyo (Itheko) 1:09:26 (R400)

WOMEN (Same prize money as men)

1. Vicky van der Merwe (Ind) 1:23:18
2. Nomvuyisi Seti (Ind) 1:24:29
3. Melissa van Rensburg (Ned) 1:25:34
4. Mareli van Schalkwyk (Ned WP) 1:30:19
5. Liza Kingston (Ned EP) 1:30:57

Trevor Klose 10 km

East London, 8 July

(Finishers: 122)

MEN

1. Luthando Hejana (RG) 31:43
2. Bulelani Mgubo (AS) 33:02

3. Malixole Kalideni (OB) 34:16

Veterans: 1. Xolile Mashicila (Over) 37:11; 2. Doran Fritz (Ned) 37:29; 3. Mndeni Zulu (OS) 37:49. **Masters:** 1. Makaya Masumpa (B2R) 38:46; 2. Mzoli Mpalala (OM) 39:10; 3. Freeman Vutu (RS) 42:49. **G'masters:** 1. Temba Bhelwana (OS) 42:51; 2. Neville Kirsten (B2R) 53:18. **Juniors:** 1. Sivenathi Somerset (RG) 36:46; 2. Tiny Majambe (ELAC) 37:22; 3. Khanya Yali (Rain) 39:01.

WOMEN

1. Andrea Ranger (B2R) 42:04
2. Tara Schwulst (B2R) 43:09 (1st jun)
3. Ingrid Webber (OB) 43:26

Veterans: 1. Sherelle Smith (OS) 48:55; 2. Monica Lahle (B2R) 52:37; 3. Elsabe Owen (B2R) 55:02. **Masters:** 1. Sherae Kreuzsch (B2R) 53:13; 2. Diane Kirkhoff (WRFL) 58:17; 3. Alison Langtree (B2R) 58:55. **G'masters:** 1. Gill Bowman (OS) 72:27; 2. Denis O'Hagen (ELP) 74:33. **Juniors:** 1. Tara Schwulst (B2R) 43:09; 2. Danieke de Kock (B2R) 48:31.

CROSS-COUNTRY

KZN League Meeting (10th)

Pietermaritzburg, 7 July
(Distances: 10 km)

MEN

1	Slindile	Gubese	Ethekwini	32:58
2	Thobani	Chagwe	Nedbank	33:01
3	Senzeni	Thomas	Umgungundlovu AC	34:57
4	Zolani	Dlamini	SAPS Ingwenya	35:57
5	Sanele	Malunga	Maritzburg City	37:13
6	Lucky	Mzobe		38:58
7	Sanele	Madikane		40:10
8	Prince	Nxumalo		41:14
9	Melusi	Mthembu	Nedbank	41:58
10	Zamokuhle	Mdladla	UKZN	51:40

WOMEN

1	Happiness	Mkhize	Savages	41:18
2	Shelley	Young	Chiltern AC	41:41
3	Nokuthula	Ntshangase	Savages	42:39
4	Hleziphi	Ncayiyana	Nedbank	51:46

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

Ballad Health & Niswonger Children's Hospital Crazy 8's 8 km (29th)

Kingsport, USA, 14 July
(Certified figure-8 course)

MEN (gun times)

1. Gabriel Geay, 21, TAN 22:43 PB \$5000

- | | | |
|---------------------------------------|----------|------|
| 2. Teshome Mekonen, 22, ETH | 22:50 | 2500 |
| 3. Simion Chirchir, 34, KEN | 23:34 | 1500 |
| 4. Josh Izewski, 28, Blowing Rock, NC | 23:38 | 1000 |
| 5. Linus Kiplagat, 23, BRN | 23:43 PB | 800 |

WOMEN (gun times)

- | | |
|---|----------|
| 1. Jenna Hutchins, 14, Johnson City, TN | 30:47 PB |
| 2. Madison Moody, 17, TN | 31:04 |
| 3. Whitney Elliott, 23, La Follette, TN | 32:10 |

Utica Boilermaker 15 km (41st) - Presented by Excellus BlueCross BlueShield
(Professional Road Running Organization Series Event)

Utica, USA, 8 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance [record-eligible course].)

MEN (gun times)

- | | | |
|---------------------------------|----------|--------------|
| 1. Gabriel Geay, 21, TAN | 43:40 PB | \$7000 |
| 2. Teshome Mekonen, 22, ETH | 43:50 | 4000 |
| 3. Edwin Kibichy, 26, KEN | 43:56 PB | 2500 |
| 4. Phillip Langat, 28, KEN | 43:59 PB | 1500 |
| 5. Daniel Salel, 27, KEN | 44:01 | 1250 |
| ... 21. Kevin Castille, 46, USA | 45:37 NR | M4549* 2000m |

m) Earned masters prize money

WOMEN (gun times)

- | | | |
|------------------------------|----------|--------|
| 1. Mary Wacera, 29, KEN | 50:01 | \$7000 |
| 2. Monicah Ngige, 24, KEN | 50:03 | 4000 |
| 3. Vicoty Chepngeno, 24, KEN | 50:04 PB | 2500 |
| 4. Delvine Meringor, 25, KEN | 50:06 | 1500 |
| 5. Buze Diriba, 24, ETH | 50:10 | 1250 |
| ... 18. Jen Rhines, 44, USA | 54:18 | 1500m |

m) Earned masters prize money

TRACK**Athletics World Cup - London 2018** (1st)

London, GBR, 14-15 July

Cup standings:

- | | |
|---------------------|-------------|
| 1. USA, 219 points | USD 450,000 |
| 2. POL, 162 | 400,000 |
| 3. GBR, 155 | 350,000 |
| 4. JAM, 153 | 300,000 |
| 5. FRA, 146 | 250,000 |
| 6. GER, 137 | 200,000 |
| 7. RSA , 135 | 150,000 |
| 8. CHN, 81 | 100,000 |

MEN

800 (14):

- | | |
|------------------------|---------|
| 1. Clayton MURPHY, USA | 1:46.52 |
| 2. Adam KSZCZOT, POL | 1:46.98 |

- | | |
|-------------------------------|---------|
| 3. Elliot GILES, GBR | 1:47.40 |
| 4. Gabriel TUAL, FRA | 1:47.44 |
| 5. Benedikt HUBER, GER | 1:48.52 |
| 6. Reinhart van RENSBURG, RSA | 1:49.14 |

1500 (15):

- | | |
|----------------------------|---------|
| 1. Marcin LEWANDOWSKI, POL | 3:52.88 |
| [52.37 for last 400] | |
| 2. Timo BENITZ, GER | 3:53.11 |
| 3. Neil GOURLEY, GBR | 3:53.24 |
| 4. Izaic YORKS, USA | 3:53.50 |
| 5. Jerry MOTSAU, RSA | 3:55.00 |
| 6. Simon DENISSEL, FRA | 3:55.35 |

WOMEN

800 (15):

- | | |
|----------------------------|---------|
| 1. Raevyn ROGERS, USA | 2:00.20 |
| 2. Adelle TRACEY, GBR | 2:01.05 |
| 3. Simoya CAMPBELL, JAM | 2:01.59 |
| 4. Christina HERING, GER | 2:01.86 |
| 5. Anna SABAT, POL | 2:02.93 |
| 6. Leila BOUFAARIRANE, FRA | 2:06.06 |
| 7. Gena LOFSTRAND, RSA | 2:10.42 |

1500 (14):

- | | |
|----------------------------------|------------|
| 1. Sofia ENNAOUI, POL | 4:07.66 |
| 2. Rachel SCHNEIDER, USA | 4:08.04 SB |
| 3. Jemma REEKIE, GBR | 4:09.05 PB |
| 4. Caterina GRANZ, GER | 4:10.04 |
| 5. Ophelie CLAUDE-BOXBERGER, FRA | 4:18.21 |
| 6. Carina VILJOEN, RSA | 4:29.57 |

IAAF World U20 Championships (16th)

Tampere, FIN, 10-15 July

MEN

800 (15):

1. Solomon LEKUTA, KEN, 1:46.35 Gold
2. Ngeno KIPNGETICH, KEN, 1:46.45 PB Silver
3. Elliott CRESTAN, BEL, 1:47.27 Bronze

1500 (12):

1. George Meitamei MANANGOI, KEN, 3:41.71 Gold
2. Jakob INGEBRIGTSEN, NOR, 3:41.89 Silver
3. Justus SOGET, KEN, 3:42.14 Bronze

5000 (14):

1. Edward Zakayo PINGUA, KEN, 13:20.16 Gold
2. Stanley Waithaka MBURU, KEN, 13:20.57 Silver
3. Jakob INGEBRIGTSEN, NOR, 13:20.78 AU20R Bronze

10000 (10):

1. Rhonex KIPRUTO, KEN, 27:21.08 CR Gold
2. Jacob KIPLIMO, UGA, 27:40.36 Silver
3. Berihu AREGAWI, ETH, 27:48.41 PB Bronze

3000 s/chase (15):

1. Takele NIGATE, ETH, 8:25.35 SB Gold
2. Leonard Kipkemoi BETT, KEN, 8:25.39 Silver
3. Getnet WALE, ETH, 8:26.16 SB Bronze

WOMEN

800 (12):

1. Diribe WELTEJI, ETH, 1:59.74 CR Gold
2. Carley THOMAS, AUS, 2:01.13 PB Silver
3. Delia SCLABAS, SUI, 2:01.29 NU20R Bronze

Prelims (10): Advance first 4 from each heat plus next 4 times to semi-finals

Heat 3:

1. Ayaka KAWATA, JPN, 2:05.08 Q
2. Lydia Jeruto LAGAT, KEN, 2:05.63 Q
3. Maeliss TRAPEAU, FRA, 2:05.72 Q
- ... 6. Liza KELLERMAN, RSA, 2:10.05

1500 (15):

1. Alemaz SAMUEL, ETH, 4:09.67 Gold
2. Mirriam CHEROP, KEN, 4:10.73 Silver
3. Delia SCLABAS, SUI, 4:11.98 Bronze

3000 (11):

1. Nozomi TANAKA, JPN, 8:54.01 PB Gold
2. Meselu BERHE, ETH, 8:56.39 PB Silver
3. Tsigie GEBRESELAMA, ETH, 8:59.20 PB Bronze

5000 (10):

1. Beatrice CHEBET, KEN, 15:30.77 PB Gold
2. Ejgayehu TAYE, ETH, 15:30.87 PB Silver
3. Girmawit GEBRZIHAIR, ETH, 15:34.01 PB Bronze

3000 s/chase (13):

1. Celliphine Chepteek CHESPOL, KEN, 9:12.78 CR Gold
2. Peruth CHEMUTAI, UGA, 9:18.87 Silver
3. Winfred Mutile YAVI, BRN, 9:23.47 Bronze

Meeting International Mohammed VI D'Athletisme

(9th stop of IAAF Diamond League)

Rabat, MAR, 13 July

MEN

1500 (DL):

- | | |
|--|------------|
| 1. Brahim KAAZOUZI, MAR, 15 JUN 1990 | 3:33.22 PB |
| 2. Filip INGEBRIGTSEN, NOR, 20 APR 1993 | 3:33.40 |
| 3. Ayanleh SOULEIMAN, DJI, 3 DEC 1992 | 3:33.42 |
| 4. Jakub HOLUŠA, CZE, 20 FEB 1988 | 3:33.80 |
| 5. Charlie GRICE, GBR, 7 NOV 1993 | 3:34.20 SB |
| 6. Ryan GREGSON, AUS, 26 APR 1990 | 3:34.38 SB |
| 7. Aman WOTE, ETH, 18 APR 1984 | 3:34.39 |
| 8. Charles Cheboi SIMOTWO, KEN, 6 MAY 1995 | 3:34.75 |
| 9. Marcin LEWANDOWSKI, POL, 13 JUN 1987 | 3:35.06 |
| 10. Matthew CENTROWITZ, USA, 18 OCT 1989 | 3:35.17 SB |
| 11. Hicham OULADHA, MAR, 31 JAN 1995 | 3:35.35 PB |
| 12. Younéss ESSALHI, MAR, 20 FEB 1993 | 3:36.28 SB |

3000 (DL):

1. Yomif KEJELCHA, ETH, 1 AUG 1997	7:32.93 WL MR
2. Birhanu BALEW, BRN, 27 FEB 1996	7:34.26 PB
3. Stewart McSWEYN, AUS, 1 JUN 1995	7:34.79 PB
4. Paul CHELIMO, USA, 27 OCT 1990	7:34.83
5. Muktar EDRIS, ETH, 14 JAN 1994	7:36.13 SB
6. Hagos GEBRHIWET, ETH, 11 MAY 1994	7:36.49 SB
7. Ryan HILL, USA, 31 JAN 1990	7:36.81
8. Eric JENKINS, USA, 24 NOV 1991	7:38.19 PB
9. Soufiyan BOUQANTAR, MAR, 30 AUG 1993	7:39.42 SB
10. Cyrus RUTTO, KEN, 21 APR 1992	7:42.53 SB
11. Bethwell BIRGEN, KEN, 6 AUG 1988	7:42.72
12. Abadi HADIS, ETH, 6 NOV 1997	7:42.83
13. Hicham AKANKAM, MAR, 4 APR 1998	7:51.09 PB
14. Mouhcine OUTALHA, MAR, 15 DEC 1998	7:51.55 PB

3000 s/chase (DL):

1. Benjamin KIGEN, KEN, 5 JUL 1993	8:06.19 WL PB
2. Chala BEYO, ETH, 18 JAN 1996	8:07.27 PB
3. Soufiane EL BAKKALI, MAR, 7 JAN 1996	8:09.58 SB
4. Hillary BOR, USA, 22 NOV 1989	8:12.20 SB
5. Matthew HUGHES, CAN, 3 AUG 1989	8:13.13
6. Abraham KIBIWOTT, KEN, 4 JUN 1996	8:14.35
7. Ibrahim EZZAYDOUNY, MAR, 28 APR 1991	8:14.62 PB
8. Nicholas Kiptanui BETT, KEN, 20 DEC 1996	8:17.83
9. Fernando CARRO, ESP, 1 APR 1992	8:19.30 PB
10. Amos KIRUI, KEN, 9 FEB 1998	8:20.00
11. Mohamed TINDOUFT, MAR, 12 MAR 1993	8:21.13
12. Conseslus KIPRUTO, KEN, 8 DEC 1994	8:27.36

WOMEN

800 (DL):

1. Francine NIYONSABA, BDI, 5 MAY 1993	1:57.90
2. Natoya GOULE, JAM, 30 MAR 1991	1:58.33
3. Rababe ARAFI, MAR, 12 JAN 1991	1:58.84 SB
4. Margaret Nyairera WAMBUI, KEN, 15 SEP 1995	1:59.09
5. Emily Cherotich TUEI, KEN, 13 MAY 1986	1:59.19
6. Malika AKKAOUI, MAR, 25 DEC 1987	1:59.27 SB
7. Lynsey SHARP, GBR, 11 JUL 1990	1:59.86 SB
8. Laura ROESLER, USA, 19 DEC 1991	2:00.56 SB

1000:

1. Caster SEMENYA, RSA, 7 JAN 1991	2:31.01 WL DLR NR
2. Ce'Aira BROWN, USA, 4 NOV 1993	2:35.85
3. Kaela EDWARDS, USA, 8 DEC 1993	2:36.13
4. Winnie NANYONDO, UGA, 23 AUG 1993	2:36.13 NR PB
5. Nelly JEPKOSGEI, KEN, 14 JUL 1991	2:37.41
6. Sanne VERSTEGEN-WOLTERS, NED, 10 NOV 1985	2:37.49 PB
7. Winny CHEBET, KEN, 20 DEC 1990	2:37.82
8. Esther GUERRERO PUIGDEVALL, ESP, 7 FEB 1990	2:37.85
9. Siham HILALI, MAR, 2 MAY 1986	2:41.17
10. Eglay Nafuna NALYANYA, KEN, 28 MAY 1996	2:41.19

5000 (DL):

1. Hellen OBIRI, KEN, 13 DEC 1989	14:21.75 WL
2. Sifan HASSAN, NED, 1 JAN 1993	14:22.34 AR PB

3. Letesenbet GIDEY, ETH, 20 MAR 1998	14:23.14 PB
4. Senbere TEFERI, ETH, 3 MAY 1995	14:23.33 PB
5. Agnes Jebet TIROP, KEN, 23 OCT 1995	14:24.24 PB
6. Genzebe DIBABA, ETH, 8 FEB 1991	14:42.98
7. Eilish McCOLGAN, GBR, 25 NOV 1990	14:52.83 SB
8. Caroline Chepkoech KIPKIRUI, KEN, 26 MAY 1994	14:55.63 SB
9. Dominique SCOTT, RSA, 24 JUN 1992	15:11.65
10. Molly HUDDLE, USA, 31 AUG 1984	15:21.24
11. Rina NABESHIMA, JPN, 16 DEC 1993	15:27.54
12. Stephanie TWELL, GBR, 17 AUG 1989	15:36.45
13. Kaoutar FARKOUSSI, MAR, 19 MAR 1996	15:48.73 PB

International Antwerps Atletiek Gala (54th)

Merksem, BEL, 1 July

MEN

800:

Race A:

1. Johnny Gregorek, USA, 1:47.57
2. Colby Alexander, USA, 1:47.60
3. Henco Uys, RSA, 1:47.83

1500:

Race A:

1. Brimin Kiprotich, KEN, 3:41.20
2. Lawi Komen Kosgei, KEN, 3:41.62
3. Sam Mcentee, AUS, 3:42.29
4. Ryan Mphahlele, RSA, 3:42.55

5000:

1. Robert Kiprop Koech, KEN, 13:46.91
2. Lawi Komen Kosgei, KEN, 13:49.25
3. Marius Vedvik, NOR, 14:02.28
4. Marko Bucarizza, RSA, 14:14.11

WOMEN

800:

1. Sello Tsepang, LES, 2:07.14
2. Johanna Christine Schulz, GER, 2:12.26
3. Danette Marais, RSA, 2:14.51
4. Danel du Plessis, RSA, 2:15.06

European Athletics U18 Championships

Gyor, HUN, 5-8 July

Note: Ireland's 17-year-old Sarah Healy was the distance star here, winning both the 1500 m and 3000 m with front-running performances. She set championships records in both disciplines. Her teammate Sophie O'Sullivan, the daughter of retired Irish superstar Sonia O'Sullivan, earned a silver medal in the 800 m. --Ed.

U18 BOYS

800 (8):

- | | | |
|--|---------------|--------|
| 1. Max BURGIN, GBR, 20 MAY 2002 | 1:47.36 CR | Gold |
| 2. Eric GUZMAN, ESP, 21 JAN 2002 | 1:49.19 PB | Silver |
| 3. João Miguel PEIXOTO, POR, 15 SEP 2001 | 1:49.42 NU18B | Bronze |

1500 (7):

- | | | |
|------------------------------------|---------------|--------|
| 1. Kane ELLIOTT, GBR, 19 JAN 2002 | 3:55.26 CR | Gold |
| 2. Bence APÁTI, HUN, 7 FEB 2001 | 3:55.53 | Silver |
| 3. Andrej PAULÍNÝ, SVK, 1 APR 2001 | 3:55.58 NU18B | Bronze |

3000 (5):

- | | | |
|----------------------------------|------------|--------|
| 1. Thomas KEEN, GBR, 16 JUN 2001 | 8:27.38 | Gold |
| 2. Ömer AMAÇTAN, TUR, 5 MAY 2001 | 8:28.04 PB | Silver |
| 3. Ryan OOSTING, NED, 9 MAY 2001 | 8:28.22 PB | Bronze |

2000 s/chase (8):

- | | | |
|-------------------------------------|---------------|--------|
| 1. Baptiste GUYON, FRA, 17 JAN 2001 | 5:43.92 CR | Gold |
| 2. Pol ORIACH, ESP, 20 SEP 2002 | 5:46.81 PB | Silver |
| 3. Etsen BARROS, POR, 16 MAR 2001 | 5:49.79 NU18B | Bronze |

U18 GIRLS

800 (7):

- | | | |
|--|------------|--------|
| 1. Keely HODGKINSON, GBR, 3 MAR 2002 | 2:04.84 CR | Gold |
| 2. Sophie O'SULLIVAN, IRL, 23 DEC 2001 | 2:06.05 | Silver |
| 3. Gaël de CONINCK, SWE, 17 JAN 2001 | 2:06.14 | Bronze |

1500 (8):

- | | | |
|---|------------|--------|
| 1. Sarah HEALY, IRL, 13 FEB 2001 | 4:18.71 CR | Gold |
| 2. Emily WILLIAMS, GBR, 25 FEB 2002 | 4:22.11 | Silver |
| 3. Klaudia KAZIMIERSKA, POL, 3 SEP 2001 | 4:22.90 | Bronze |

3000 (6):

- | | | |
|------------------------------------|------------|--------|
| 1. Sarah HEALY, IRL, 13 FEB 2001 | 9:18.05 CR | Gold |
| 2. Inci KALKAN, TUR, 30 JUL 2001 | 9:24.01 PB | Silver |
| 3. Alessia ZARBO, FRA, 11 SEP 2001 | 9:25.25 PB | Bronze |

2000 s/chase (7):

- | | | |
|---------------------------------------|---------------|--------|
| 1. Lena LEBRUN, FRA, 6 JUL 2001 | 6:35.41 WU18L | Gold |
| 2. Claire PALOU, FRA, 26 DEC 2001 | 6:39.20 | Silver |
| 3. Paula SCHNEIDERS, GER, 20 FEB 2001 | 6:40.00 PB | Bronze |

BACKGROUND

This article by Jeré Longman, slightly edited here, appeared in *The New York Times*.

DID FLAWED DATA LEAD IAAF ASTRAY ON TESTOSTERONE?

Researchers have found flaws in some of the data that track and field officials used to formulate regulations for the complicated cases of Caster Semenya of South Africa, the two-time Olympic champion at 800 meters, and other female athletes with naturally elevated testosterone levels.

Three independent researchers said they believed the mistakes called into question the validity of a 2017 study commissioned by track and field's world governing body, the International Federation of Athletics Associations, or IAAF, according to interviews and a paper written by the researchers and provided to *The New York Times*.

The 2017 study was used to help devise regulations that could require some runners to undergo medical treatment to lower their hormone levels to remain eligible for the sport's most prominent international competitions, like the Olympic Games.

The researchers have called for a retraction of the study, published last year in the *British Journal of Sports Medicine*. The study served as an underpinning for rules,

scheduled to be enacted in November, which would establish permitted testosterone levels for athletes participating in women's events from 400 meters to the mile.

"They cannot use this study as an excuse or a reason for setting a testosterone level because the data they have presented is not solid," one of the independent researchers, Erik Boye of Norway, said.

The IAAF has updated its research, which was published last week, again in the *British Journal of Sports Medicine*. "The IAAF will not be seeking a retraction of the 2017 study," the governing body said in a statement on Thursday. "The conclusions remain the same."

But the statement did little to dampen criticism by the independent researchers. The IAAF seems "bound to lose" an intended challenge by Semenya to the Court of Arbitration for Sport, said Boye, a cancer researcher and an antidoping expert.

The IAAF has argued for years that rules governing testosterone levels are needed to level the playing field and to reduce an unfair advantage gained in some women's events by athletes with so-called differences of sexual development. The 2017 study was only one facet of 15 years' worth of field study, the IAAF said.

Dr. Stephane Bermon, the IAAF's senior medical and scientific consultant and a co-author of the 2017 study, last week acknowledged some errors in the data in an email sent to one of the independent researchers. But Dr. Bermon added in the email that the mistakes "do not have significant impact on the final outcomes and conclusions of our study."

The disputed 2017 study examined results from the 2011 and 2013 World Track and Field Championships. It found that women with the highest testosterone levels significantly outperformed women with the lowest testosterone levels in events such as the 400 meters, the 400-meter hurdles and the 800 meters, which distill speed and endurance.

But in examining the study's results from those three races, plus the 1500 meters, the three independent researchers said they found that the performance data used in the study's analysis was anomalous or inaccurate 17 percent to 33 percent of the time.

The errors included more than one time recorded for the same athlete; repeated use of the same time for individual athletes; and phantom times when no athlete could be found to have run a reported time. Also included were times for athletes who were disqualified for doping.

"I think everyone can understand that if your data set is contaminated by as much as one-third bad data, it's kind of a garbage-in, garbage-out situation," said one of the independent researchers, Roger Pielke Jr., the director of the Sports Governance Center at the University of Colorado.

Referring to the IAAF, Pielke said: "I really see no option for them other than to retract the paper. If they retract the paper, then the regulations don't have a scientific basis."

After reading the revised study on Thursday, Pielke noted that the IAAF was now acknowledging there were 220 errors in performance data found across every women's event at the 2011 and 2013 World Championships.

"This is an effort at what I would call a do-over, and it's embarrassing and it's not how science is expected to be done," Pielke said. "I think this adds considerably more weight to our call for the original paper to be retracted."

Another of the independent researchers, Ross Tucker, an exercise physiologist who specializes in sports performance at the University of Cape Town, agreed that the first study should still be retracted. The re-analysis, he said, included "too much uncertainty to trust."

A re-analysis of the original study might, in fact, make even a stronger case for the IAAF's position on the need to regulate testosterone levels, the independent researchers said in interviews. But any new analysis should be conducted only with a full independent audit and with publicly available performance data that could be replicated by independent scholars, the researchers said.

Given the data errors, the original study is "entirely untrustworthy" and "an impossible position" for the IAAF to defend, said Tucker. He added, "If I was on Semenya's team, this would be among the best news I could receive."

If the challenge to the study succeeds, this would be the second major setback for the IAAF in trying to set testosterone limits.

In 2015, the Court of Arbitration for Sport suspended a previous IAAF rule, saying the governing body had not sufficiently quantified the performance advantage gained in women's events by elevated testosterone levels. That case involved an Indian sprinter named Dutee Chand.

The challenge to the 2017 study is the second time this week that the IAAF has come under criticism. More than 60 current and former elite athletes, including the tennis legend Billie Jean King and the soccer champions Abby Wambach and Megan Rapinoe, signed an open letter in support of Semenya, calling for the pending testosterone rules to be rescinded.

The athletes described the regulations as discriminatory and invasive, arguing that "no woman should be required to change her body to compete in women's sport."

But the IAAF has said that, in some events, athletes with differences of sexual development could have a performance advantage of 5 percent to 6 percent over athletes with testosterone in the typical female range, an enormous difference in a sport where events can be decided by hundredths of a second.

The pending rules would affect women with testosterone levels of five nanomoles per liter and above. Most women, including elite athletes, have natural testosterone levels of 0.12 to 1.79 nanomoles per liter, the IAAF said, while the typical male range after puberty is much higher, at 7.7 to 29.4 nanomoles per liter.

No female athlete would have natural testosterone levels at five nanomoles per liter or higher without so-called differences in sex development or tumors, the IAAF said. In effect, it has said that athletes with such elevated levels are biologically male.

But the scientific discussion has now been somewhat sidetracked by questions about the independence and validity of the IAAF's research.

STATS TIME

This week we include a list of the top ten SA women in the 10 km 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. Glenrose Xaba and Kesa Molotsane, with four performances each, dominate the list.

2018 10 KM: TOP 10 WOMEN

33:21	Glenrose Xaba	1	Port Elizabeth	07 Apr
33:27	Xaba-2	2	Durban	24 Jun
33:28	Kesa Molotsane	1	Bellville	02 Jun
33:43	Nolene Conrad	3	Durban	24 Jun
33:46	Molotsane-2	1	Port Elizabeth	05 May
34:01	Xaba-3	2	Port Elizabeth	05 May
34:09	Conrad-2	1	Goodwood	03 Mar
34:10	Molotsane-3	1	Bellville	25 Mar
34:15	Molotsane-4	6	Durban	24 Jun
34:23	Zintle Xiniwe	5	Port Elizabeth	05 May
34:25	Christine Kalmer	6	Port Elizabeth	05 May
34:35	Gerda Steyn	1	Dubai	26 Jan
34:37	Lebo Phalula	7	Durban	24 Jun
34:39	Lebogang Phalula	7	Port Elizabeth	05 May
34:39	Xaba-4	2	Bellville	25 Mar
34:42	Irvette van Zyl	1	Pretoria	20 Jan
34:49	Cornelia Joubert	8	Port Elizabeth	05 May

THIS MONTH IN HISTORY

33 years ago (exactly): 16 July 1985

The Washie 100-miler, traditionally run from Port Alfred to East London along the coast, started in 1977. The idea for the ultra came from Lionel Whitfield, a member of the Buffalo Club, to honour his father, George Washington Whitfield, who was known as "Washie" Whitfield. On this day, the only time that the race finished on 16 July, one of South Africa's most prominent ultrarunners, the redoubtable Manie Saayman (Vaal AC), scored the third of his five victories -- and the first of his three wins in a row. Three years before, in 1982, Saayman had broken Len Keating's race record with his 13:13:38. This time he was a bit slower -- 13:41:59 -- but still beat Keating (who had beaten him the previous year) by almost 1½ hours. In the women's race Cheryl Torr became the first woman to finish in under 17 hours when she won in 16:53:21. (Saayman's 1982 record would stand until 2012, when Johan van der Merwe surpassed it.)

SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.
- Ed.

MEN

Open

10 km	28:40	Sibabalwe Gladwin Mzazi	Port Elizabeth	07 Apr
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	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	7:24:12	Lucas Nonyana	Polokwane	15 Apr
	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	30:53	Simphiwe Zulu	Durban	01 Jul
	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

Marathon	89:45	Mark Kiptoo Kosgei (KEN) 2016		
	2:26:17	William Mokwalakwala	Centurion	01 May
100 km	2:08:38	Kenneth Mungara (KEN) 2016		
	9:46:50	Johan van der Merwe	Polokwane	15 Apr
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:19	Desmond Zibi	Uitenhage	30 Jun
	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	12:00:07	Hilton Murray	Polokwane	15 Apr
	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
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	57:24	Mochamat Kriel	Eersterivier	07 Jul
	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	14:19:11	Ric Marini	Polokwane	15 Apr
	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	66:46	Jimmy Morris	Claremont	24 Jun
	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	48:05	Carlo Flink	Eersterivier	07 Jul
	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	55:22	Anel Terblanche	Eersterivier	07 Jul
	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	10:28:21	Daleen Cilliers	Polokwane	15 Apr
	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	11:26:45	Cornel Metcalfe	Polokwane	15 Apr
	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	39:43	Judy Bird	Port Elizabeth	05 May

15 km	34:14	Linda Somers (USA) 2011		
	63:46	Suzanne Marais	Constantia	10 Mar
21.1 km	52:38	Monica Joyce (USA) 2009		
	93:04	Judy Bird	Bedfordview	14 Jan
	92:19A	Sandra Kohnert	Simon's Town	18 Feb
25 km	75:18	Linda Somers (USA) 2011		
	2:04:42	Ansie Breytenbach	Pretoria	12 May
	1:56:28A	Christine Claasen	Somerset East	21 Apr
30 km	96:58	Colleen de Reuck (USA) 2016		
	2:20:14	Christine Claasen	Uitenhage	03 Mar
Marathon	1:56:43	Colleen de Reuck (USA) 2016		
	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	42:22	Annatjie Botes	George	23 Jun
	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	17:51:42	Martie Boesenberg	Polokwane	15 Apr
	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
67:57Lesego Mpshe
Abebu Gelan Adugna (ETH) 2009

Polokwane

19 May

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