

# 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

In a night of scintillating athletics, one monumental performance stood out at the Diamond League meeting in Monaco on Friday night when Beatrice Chepkoech (pictured; photograph by Philippe Fitte/IAAF) smashed the world steeplechase record to become the first woman representing Kenya to hold the global mark.

Chepkoech, "famous" for missing the water jump and having to run back in last year's World

Championships race, clocked an astonishing 8:44.32 to break Ruth Jebet's world record by almost 8½ seconds. After setting the fifth world mark at this meeting -- and winning by more than 16 seconds -- Chepkoech (27) said she could still improve. Only four women have ever run under 9 minutes: Chepkoech, Jebet (8:52.78), Celliphine Chespol (8:58.78) and Gulnara Galkina (8:58.81), with a total of nine such times. In second place Courtney Frerichs set a new North American record, and there were a further five personal or season's best among the top nine.

The 1500 m for men was equally impressive, and more exciting from a competitive point of view. The win went to Timothy Cheruiyot in a world-leading PB of 3:28.41, but behind him there were three national records, eight men under 3:32, while the first ten all recorded PBs or season's bests. Probably the most significant was the European junior record of 3:31.18 by 17-year-old Jakob Ingebrigtsen (NOR), who finished fourth -- one place behind older brother Filip's national record of 3:30.01.

Caster Semenya won the 800 in 1:54.60. Behind her two national marks were set, while there were seven PBs or season's bests among the top twelve. A total of five world leads were recorded in the distance events at this meeting.



At the London Diamond League meeting, held on the two days following Monaco, the highlight was the women's mile in which Sifan Hassan (NED) clocked a national record of 4:14.71, the third fastest time ever and a Diamond League record. The race had astonishing depth, with national records also for Kenya, Australia and Czechoslovakia. Eleven of the top fourteen set PBs.

Dominique Scott-Efurd did not take part in any of the two Diamond League meetings of the weekend, but delivered her own superb performance at the Nacht van de Atletiek meeting in Heusden-Zolder when she finished fourth in the 5000 m in a new PB of 15:04.14 to shoot up into third on the SA all-time list behind two of the greatest athletes ever produced in South Africa: Elana Meyer (14:44.05) and Zola Budd (15:01.83). Scott-Efurd is now in the top three on the all-time lists for the mile, 3000 m, 5000 m and 10000 m, and sixth in the 1500 m -- and this is apart from her national indoor records in the distance events. Scott-Efurd is the epitome of an athlete who, ever since her junior days in Western Province, has followed a long, well-planned, conservative career path to the top. Her race on Saturday was won by the new star on the US distance scene, Shelby Houlihan, who set a new American record of 14:34.45, while the top ten all ran PBs or season's bests.

South Africa's newest world record holder is Pinelands runner Nancy Will, whose 2015 record for the 60-64 age group in the 50 km had hit a few administrative speedbumps (no pun intended) and was only recently recognised by the International Association of Ultrarunners (IAU). Will ran her 4:12:55 in the Two Oceans on 4 April 2015. Of course, Thompson Magawana and Frith van der Merwe still hold the absolute world records for this distance, both also run in the Two Oceans. Gert Thys is the owner of the 40-44 world record, likewise clocked in the Cape Town ultra.

The correct number of finishers for the three Afriforum Springbok Vasbyt races were as follows: 25 km -- 488 (down from 716 last year), 10 km -- 773 (down from 1040), 5 km -- 280.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Totalsports Women's Race, Durban
- \* Cape Town Festival of Running Half Marathon, 100 km & 50 km, Cape Town
- \* Super Spar Waterfall 10 km, Durban
- \* Watergat Challenge 15 km, Macleantown
- \* XC: WP League Meeting, Bellville

#### **International highlights:**

- \* Wharf to Wharf 6 Mile, Santa Cruz to Capitola, USA
  - \* Iten Half Marathon, Iten, KEN
  - \* Kabarak University Half Marathon, Kabarak, KEN
  - \*Track: Müller Anniversary Games, London, GBR; KBC Nacht van de Atletiek, Heusden-Zolder, BEL; Meeting International d'Athlétisme Herculis, Monaco, MON; Guldendensporenmeeting, Kortrijk, BEL; South Carolina Trackfest, Mount Pleasant, USA; Trofeu Internacional Ciutat de Barcelona, Barcelona, ESP; Meeting Internazionale di Atletica Leggera Sport Solidarietà, Lignano Sabiadoro, ITA; Hokuren Distance Challenge - Fukagawa Meet, Fukagawa, JPN; Spitzen Leichtathletik, Luzern, SUI
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## ROAD RUNNING

### Totalsports Women's Race

(Women only)

Durban, 22 July

(Distance: 10 km; certified loop course. Finishers: 3281, including male finishers [down from 3751 last year].)

1. Glenrose Xaba 33:41
2. Jenet Mbhele 34:14
3. Tish Jones (GBR) 34:17
4. Makhosi Mhlongo 35:52
5. Mokulubete Makatise (LES) 36:39
6. Happiness Sonto Mkhize 38:11
7. Nokuthula Ntsangase 39:05
8. Simangaliso Madladla 39:12
9. Zama Mokoena 39:15
10. Luzaan de Wit 39:43
11. Shelley Young 39:53
12. Janene Carey 40:30 (1st vet)
13. Nontlantla Gcina 41:03
14. Julie Venter 41:11
15. Aldine Armstrong 41:11 [correct]

#### 40-49:

- |    |                 |       |
|----|-----------------|-------|
| 1. | Janene Carey    | 40:30 |
| 2. | Haseena Hussein | 43:28 |
| 3. | Precious Duma   | 44:04 |

#### 50-59:

- |    |                   |       |
|----|-------------------|-------|
| 1. | Julie Venter      | 41:11 |
| 2. | Aldine Armstrong  | 41:11 |
| 3. | Grace de Oliviera | 44:08 |

#### 60-69:

- |    |               |       |
|----|---------------|-------|
| 1. | Blanche Moila | 47:47 |
| 2. | Jenny Scott   | 50:18 |
| 3. | Judith Grove  | 56:14 |

#### 70+:

- |    |               |       |
|----|---------------|-------|
| 1. | Gill Tregenna | 56:48 |
| 2. | Ivy Lottering | 77:03 |
| 3. | Adeline Bond  | 78:00 |

#### Juniors:

- |    |                      |       |
|----|----------------------|-------|
| 1. | Simangaliso Madladla | 39:12 |
| 2. | Luzaan de Wit        | 39:43 |
| 3. | Nontlantla Gcina     | 41:03 |

### Cape Town Festival of Running Half Marathon (19th)

Cape Town, 22 July

(Distance: 21.1 km; certified hilly out-and-back course. Finishers: 1670 [up from 1314 last year].)

#### MEN

1. Lukhanyo Nobakada (VOB) 1:13:01
2. Akhona Makila (VOB) 1:14:06
- Tsungai Mwanengeni (ZIM/Gugs) 1:15:09

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:15:09; 2. Francis Jeke (Hout) 1:26:24; 3. Hansley Weaver (SANDF) 1:28:32. **Masters:** 1. James Wisbeach (Ind) 1:33:26; 2. Shafiek Cassiem (Itheke) 1:35:51; 3. Abdurahman Moosa (Celtic) 1:48:31. **G'masters:** 1. Kosie Botha (CS Bol) 1:30:03; 2. Wilhelm Coetzee (WC) 1:42:12; 3. Regea Saunders (Worc) 1:44:02. **G/g'masters:** 1. Claude Brooks (MS) 2:26:38; 2. Yusuf Gamielien (Itheke) 2:39:20; 3. Boet van Zyl (SH) 2:39:42.

#### WOMEN

1. Kelly Nel (AAC) 1:26:07  
2. Anneline Roffey (Ned) 1:27:48  
3. Lee-Shay Willemse (Velo) 1:29:06

**Veterans:** 1. Suzette McIvor (Ned) 1:40:48; 2. Jacky Misroll (Pine) 1:43:03; 3. Megan Goliath (Brack) 1:47:08. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:38:02; 2. Angelique Rabie (VOB) 1:41:04; 3. Vondra Singleton (Worc) 1:52:56. **G'masters:** 1. Charmaine Cupido (Ned) 1:54:55; 2. Lindsay Jackson (VOB) 2:03:07; 3. Sonia Smith (Celtic) 2:03:19. **G/g'masters:** 1. Marietha Herbert (Bell) 2:11:31; 2. Marlene James (Pine) 2:37:18; 3. Fatiema Nieuwenhuis (Top) 3:03:40

### Cape Town Festival of Running 100 km & 50 km

Cape Town, 21 July

(Certified 10 km loop course for both races. Finishers: 100 km -- 44; 50 km -- 510.)

#### 100 km

##### MEN

1. Lehlohonolo Nyombane (Ned) 7:39:40  
2. Sibongile Luca Boyana (Cent) 7:42:46  
3. Simphiwe Vellem (Gugs) 8:04:38

##### WOMEN -

1. Zethena October (Ravens) 11:17:53  
2. Fundiswa Sandi (Ravens) 12:01:20  
3. Cynthia Coetzee (Brack) 12:28:16

#### 50 km

##### MEN -

1. Rupert Becker (FH) 3:43:45  
2. Xolile Macanda (Gugs) 3:52:13  
3. Melikhaya Jandick (IT) 4:03:12

##### WOMEN

1. Linda Kinloch-Smith (Asics) 3:55:43  
2. Renata Schoeman (CMC) 4:08:37  
3. Sesethu Melamane (IT) 4:11:39

### Super Spar Waterfall 10 km

Durban, 15 July

(Finishers: 1136 [down from 1299 last year].)

##### MEN

1.	Simphiwe Zulu	Hollywood Bets	30:41 (1st vet)
2.	Delani Mkhize	Phantane AC	33:16
3.	Garikai Madawo	Chatsworth AC	33:39

**40-49:**

1.	Simphiwe Zulu	Hollywood Bets	30:41
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**50-59:**

1.	Bheki Bhengu	Boxer AC	39:18
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**60+:**

1.	Andy Daly	West AC	40:19
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**Juniors:**

1.	Jabulani Majombozi	Boxer AC	37:17
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## WOMEN

1.	Tayla Kavanagh	St Mary's DSG	37:24 (1st jun)
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2.	Shelly Young	Chiltern AC	38:32
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3.	Zama Mokoena	Nedbank AC	39:38
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**40-49:**

1.	Shani Silver	Boxer AC	42:03
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**50-59:**

1.	Michelle Sims	PDAC	43:09
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**60+**

1.	Teresa Scott	PDAC	52:08
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**Juniors:**

1.	Tayla Kavanagh	St Mary's DSG	37:24
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**Watergat Challenge 15 km**

Macleantown, 14 July

(Finishers: 148)

## MEN

1.	Malixolo Kalideni (Old S)	53:00
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2.	Mzwanele Gqotile (Eskom)	56:06
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3.	Peter Chiwaya (Ox S)	60:16
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**Veterans:** 1. Clinton Ford (Old S) 76:09. **Masters:** 1. Fikile Gqamane (Balekani) 74:03.**G'masters:** 1. Johan Rich (ELAC) 1:57:30. **G/g'masters:** 1. Bennie Scholtz (Ox S)1:28:37. **Juniors:** 1. Aiden Young (Ox S) 65:15.

## WOMEN

1.	Andrea Ranger (B2R)	65:22
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2.	Ingrid Webber (Old S)	68:37
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3.	Tammy Kelly (Ox S)	72:04
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**Veterans:** 1. Lynda Saunders (B2R) 91:41. **Masters:** 1. Tammy Kelly (Ox S) 72:04.**G'masters:** 1. Michelle Whittington (Old S) 98:21.**CROSS-COUNTRY****WP League Meeting (4th)**

Bellville (CPUT), 15 July

Note: All distances are 4 km except where indicated otherwise. – Ed.

## SR. MEN (10 km)

1	Akhona	Makila	VOB	32:05
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2	Lukhanyo	Nobakada	VOB	32:06
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3	Siviwe	Nkombi	Nedbank	33:03
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4	Gilbert	Mutandiro	ZIM/Century City	33:11
5	Gershwin	Van Staden	Itheke	33:22
6	Mandilakhe	Mbekwa	VOB	33:31
7	Bulelani	Bhebha	VOB	33:36
8	Justin	Claasen	Durbanville	33:38
9	Dylan	Stevenson	Maties	33:38
10	Yoliswa	Batala	VOB	34:18

## SR. MEN

1	Du-Wayne	Philander	UWC	12:25
2	Akhona	Makila	VOB	12:35
3	André	Afrika	Eerste River	12:43
4	Rowhaldo	Ratz	UWC	12:45
5	Lee-Roy	Lawrence	Easterns Kraaifontein	12:57
6	Alantino	Belillie	Sanlam	13:05
7	Vuyolwethu	Mbukushe	Gugs	13:12
8	Ashley	Smith	UWC	13:13
9	A.N. Other		Eerste River	13:27
10	Lorenzo	Pieters	ORAK	13:29

## VETERAN MEN (8 km)

1	Mthandazo	Qhina	Nedbank	26:18
2	Vakalisa	Kopolo	Nedbank	27:33
3	Bonisile	Ngculana	VOB	27:43

## MASTER MEN (8 km)

1	Tobias	Philander	Itheke	30:32
2	Andrew	Cooper	Nedbank	31:16
3	Timothy	Hess	Eerste River	31:32

## G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	24:27
2	Robbie	Lindsay	Nedbank	25:46
3	Jeremy	Kropman	Foresters	27:01

## G/G'MASTER MEN (8 km)

1	Blake	Williams	AAC	31:45
2	Horst	Schiffer	Fish Hoek	32:03
3	Manfred	Geutner	Pinelands	36:49

## U.20 (8 km)

1	Carlo	Flink	Itheke	25:51
2	Christo	Van Rooy	ORAK	26:06
3	Fernando	Spondo	Bottelary	27:36

## U.18 (6 km)

1	Oliver	Stewart	AAC	19:38
2	Sherwin	Jooste	Bottelary	20:08
3	Edward	Jack	Central	20:23

## SR. WOMEN (10 km)

1	Bulelwa	Simae	Nedbank	39:58
2	Lee-Shay	Willemse	Velocity	41:10
3	Madele	Du Plessis	Nedbank	41:37
4	Candyce	Hall	Carbineers	42:52
5	Nocwaka	Mthetho	MSA	43:31
6	Nolubabalo	Queen	VOB	44:08
7	Elizabeth	Brink	Durbanville	45:58
8	Rozanne	Makappie	Easterns	47:34
9	Nicky	Sefara	SANDF	50:24
10	Faiza	Geyer	Carbineers	51:58

## SR. WOMEN

1	Zani	Kruger	Maties	15:54
2	Mareli	Van Schalkwyk	Nedbank	16:12
3	Lee-Shay	Willemse	Velocity	17:24
4	Emmeranthia	Lepati	Itheko	17:27
5	Lieze	Van Heerden	NWU-Pukke	18:04
6	Mandy-Lee	Jacobs	Nedbank	18:17
7	Anel	Mostert	Helderberg	18:37
8	Pamela	Moyikwa	VOB	19:32
9	Annereen	Malan	Nedbank	20:05
10	Nolitha	Mhlomi	AAC	20:21

## VETERAN WOMEN

1	Christiane	Adriaanse	VOB	15:20
2	Bulelwa	Simae	Nedbank	16:56
3	Sharon	Nel	Nedbank	17:22

## MASTER WOMEN

1	Sandra	Kohnert	Edgemead	17:16
2	Olga	Howard	Nedbank	17:20
3	Mariëtte	Strauss	Tygerberg	17:34

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	19:20
2	Bev	Charters	VOB	19:22
3	Hilary	Rhode	Edgemead	20:40

## G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic	23:20
2	Wendy	Wilkins	AAC	26:56
3	Fatima	Nieuwenhuis	Top Form	32:41

## U.20 (6 km)

1	Simone	Adams	Bottelary	25:16
2	Anitha	Nonene	Gugs	25:55
3	Mia	Lyons	Langebaan	26:00

## U.18

1	Kia	Gibbs	VOB	15:46
2	Athemba	Nqumashe	Bottelary	16:34
3	Kylin	Mouton	Nedbank	17:02

**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****Wharf to Wharf 6 Mile** (46th)

Santa Cruz to Capitola, USA, 22 July

(Distance: 6 miles [NOT 10 km]; point-to-point course)

## MEN (gun times)

1.	Silas Kipruto, 33, KEN	27:52	\$4000
2.	Simion Chirchir, KEN	27:57	3000
3.	Scott Smith, 32, Flagstaff, AZ	28:01	2000 + 1000a

## WOMEN (gun times)

1.	Caroline Rotich, 34, KEN	29:59	CR \$4000
2.	Delvine Meringor, 25, KEN	30:05	3000

3. Monicah Ngige, 25, KEN 30:47 2000

### **Iten Half Marathon**

Iten, KEN, 22 July

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

Note: Iten is at high altitude (2400 m). --Ed.

MEN (gun times)

1. Wilfred KIMITEI, 1985	1:04:22	KSH 150,000 (=USD 1492)
2. Emmanuel BOR, 1993	1:04:37	100,000
3. Josphat TANUI, 1994	1:04:45	50,000

WOMEN (gun times)

1. Maureen JEPKEMOI	1:15:10	KSH 150,000 (=USD 1492)
2. Agnes CHEBET, 1992	1:15:50	100,000
3. Beatrice CHESEREK,	1:17:50	50,000

### **Kabarak University Half Marathon**

Kabarak, KEN, 14 July

(Distance: 21.1 km; point-to-point course from Equator, Mogotio to Kabarak University)

MEN

1. Abraham KIPTUM (KEN) 1989	63:02	KSH 200,000 (=USD 1993)
2. Stephen KIPROP (KEN) 1999	63:38	KSH 150,000
3. Gideon KIPKETER (KEN) 1992	63:51	KSH 100,000

WOMEN

1. Valary AYABEI JEMELI (KEN) 1991	73:21	KSH 200,000 (=USD 1993)
2. Celestine JEPCHIRCHIR (KEN) 1990	73:49	KSH 150,000
3. Joy KEMUMA (KEN) 1988	74:03	KSH 100,000
4. Margaret MURIUKI (KEN) 1986	74:04	KSH 50,000
5. Eunice CHUMBA (BRN) 1993	74:05	KSH 35,000
6. Vivian KIPLAGAT (KEN) 1988	74:206	KSH 30,000
7. Jackline CHEPNGENO (KEN) 1993	74:24	KSH 25,000
8. Caroline KILEL (KEN) 1981	74:24	KSH 20,000

## **TRACK**

### **Müller Anniversary Games**

(11th stop of 2018 IAAF Diamond League)

London, GBR, 21 & 22 July

MEN

800 (DL/22):

1. Emmanuel KORIR, KEN, 15 JUN 1995,	1:42.05 WL/MR/PB
2. Clayton MURPHY, USA, 26 FEB 1995,	1:43.12 SB
3. Wyclife KINYAMAL, KEN, 2 JUL 1997,	1:43.12 PB
4. Nijel AMOS, BOT, 15 MAR 1994,	1:43.29 SB
5. Jake WIGHTMAN, GBR, 11 JUL 1994,	1:44.61 PB
6. Adam KSZCZOT, POL, 2 SEP 1989,	1:44.72 SB
7. Guy LEARMONTH, GBR, 24 APR 1992,	1:44.73 PB
8. Daniel ROWDEN, GBR, 9 SEP 1997,	1:44.97 PB



## 1500 (22):

1. Matthew CENTROWITZ, USA, 18 OCT 1989, 3:35.22
2. Ryan GREGSON, AUS, 26 APR 1990, 3:35.35
3. Justus SOGET, KEN, 22 OCT 1999, 3:35.56
4. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991, 3:35.61
5. Youssouf HISS BACHIR, DJI, 1 JAN 1987, 3:35.74 PB
6. Nick WILLIS, NZL, 25 APR 1983, 3:35.77 SB
7. Drew HUNTER, USA, 5 SEP 1997, 3:35.90 PB
8. Neil GOURLEY, GBR, 7 FEB 1995, 3:35.98 PB
9. Vincent KIBET, KEN, 6 MAY 1991, 3:36.12 SB
10. James WEST, GBR, 30 JAN 1996, 3:36.59 PB

## 5000 (DL/21):

1. Paul CHELIMO, USA, 27 OCT 1990, 13:14.01  
[last lap 52.52]
2. Muktar EDRIS, ETH, 14 JAN 1994, 13:14.35
3. Yomif KEJELCHA, ETH, 1 AUG 1997, 13:14.39
4. Birhanu BALEW, BRN, 27 FEB 1996, 13:16.04
5. Hagos GEBRHIWET, ETH, 11 MAY 1994, 13:16.39
6. Cyrus RUTTO, KEN, 21 APR 1992, 13:16.49
7. Mo AHMED, CAN, 5 JAN 1991, 13:16.82
8. Richard YATOR, KEN, 6 APR 1998, 13:17.98
9. Hassan MEAD, USA, 28 AUG 1989, 13:19.81 SB
10. Ben TRUE, USA, 29 DEC 1985, 13:19.95
11. Bethwell BIRGEN, KEN, 6 AUG 1988, 13:20.08
12. Stewart McSWEYN, AUS, 1 JUN 1995, 13:20.21

## WOMEN

## 800 (22):

1. Ce'Aira BROWN, USA, 4 NOV 1993, 1:58.57 PB
2. Natoya GOULE, JAM, 30 MAR 1991, 1:58.67
3. Lynsey SHARP, GBR, 11 JUL 1990, 1:59.34 SB
4. Laura ROESLER, USA, 19 DEC 1991, 2:00.45 SB
5. Brittany McGOWAN, AUS, 24 APR 1991, 2:00.60
6. Sanne VERSTEGEN-WOLTERS, NED, 10 NOV 1985, 2:00.86
7. Yuneysi SANTIUSTI, ITA, 24 DEC 1984, 2:00.95 SB
8. Alexandra BELL, GBR, 4 NOV 1992, 2:01.49

## Mile (22/DL):

1. Sifan HASSAN, NED, 1 JAN 1993, 4:14.71 WL/DLR/MR/ACR/NR/#3 all-time
2. Gudaf TSEGAY, ETH, 23 JAN 1997, 4:16.14 PB
3. Hellen OBIRI, KEN, 13 DEC 1989, 4:16.15, NR/PB
4. Jenny SIMPSON, USA, 23 AUG 1986, 4:17.30 PB/#2 USA all-time
5. Laura MUIR, GBR, 9 MAY 1993, 4:19.28
6. Laura WEIGHTMAN, GBR, 1 JUL 1991, 4:20.49 PB
7. Winny CHEBET, KEN, 20 DEC 1990, 4:20.51
8. Kate GRACE, USA, 24 OCT 1988, 4:20.70 PB
9. Sarah McDONALD, GBR, 2 AUG 1993, 4:20.85 PB
10. Linden HALL, AUS, 29 JUN 1991, 4:21.40 AR/PB
11. Simona VRZALOVÁ, CZE, 7 APR 1988, 4:21.54 NR/PB
12. Sofia ENNAOUI, POL, 30 AUG 1995, 4:23.34 PB
13. Jemma REEKIE, GBR, 6 MAR 1998, 4:27.16 PB
14. Nelly JEPKOSGEI, KEN, 14 JUL 1991, 4:39.18

## 3000 (21):

1. Lilian Kasait RENGERUK, KEN, 3 MAY 1997, 8:41.51
2. Susan KRUMINS, NED, 8 JUL 1986, 8:41.83

3. Katie MACKEY, USA, 12 NOV 1987, 8:44.47 PB
4. Gabriela STAFFORD, CAN, 13 SEP 1995, 8:45.67 PB
5. Melissa COURTNEY, GBR, 30 AUG 1993, 8:46.33 PB
6. Steph TWELL, GBR, 17 AUG 1989, 8:47.93
7. Eva CHERONO, KEN, 15 AUG 1996, 8:48.14
8. Rina NABESHIMA, JPN, 16 DEC 1993, 8:48.21 PB

### **KBC Nacht van de Atletiek**

(European Athletics Classic Permit Meeting)  
Heusden-Zolder, BEL, 21 July

#### **WOMEN**

##### **800:**

- |                                 |         |
|---------------------------------|---------|
| 1. Halimah Nakaayi, UGA, 94     | 1:59.58 |
| 2. Noelie Yarigo, BEN, 85       | 2:00.06 |
| 3. Charline Mathias, LUX, 92    | 2:00.35 |
| 4. Hanna Green, USA, 94         | 2:01.28 |
| 5. Emily Richards, USA, 95      | 2:01.33 |
| 6. Anita Hinriksdottir, ISL, 96 | 2:01.53 |

##### **1500:**

- |                              |         |
|------------------------------|---------|
| 1. Emily Lipari, USA, 92     | 4:05.68 |
| 2. Winnie Nanyondo, UGA, 93  | 4:06.08 |
| 3. Alexa Efraimson, USA, 97  | 4:07.06 |
| 4. Cory McGee, USA, 92       | 4:07.15 |
| 5. Nicole Sifuentes, CAN, 86 | 4:07.34 |
| 6. Sarah Macpherson, CAN, 91 | 4:09.26 |

##### **5000:**

- |                                   |             |
|-----------------------------------|-------------|
| 1. Shelby Houlihan, USA, 93       | 14:34.45 NR |
| 2. Molly Huddle, USA, 84          | 15:01.44    |
| 3. Karrissa Schweizer, USA, 96    | 15:02.44    |
| 4. Dominique Scott-Efurd, RSA, 92 | 15:04.14 PB |
| 5. Madeline Hills, AUS, 87        | 15:06.19    |
| 6. Mariella Hall, USA, 92         | 15:08.20    |
| 7. Vanessa Fraser, USA, 95        | 15:09.62    |
| 8. Sarah Pagano, USA, 91          | 15:11.27    |
| 9. Emily Sisson, USA, 91          | 15:13.66    |
| 10. Jip Vastenburg, NED, 94       | 15:15.77    |

### **Meeting International d'Athlétisme Herculis**

(10th stop of IAAF Diamond League)  
Monaco (Stade Louis II), MON, 20 July

#### **MEN**

##### **800:**

- |   |               |
|---|---------------|
| 1. Nijel Amos, BOT, 15.03.94            | 1:42.14 WL MR |
| 2. Brandon McBride, CAN, 15.06.94       | 1:43.20 NR PB |
| 3. Saúl Ordóñez, ESP, 10.04.94          | 1:43.65 NR PB |
| 4. Cornelius Tuwei, KEN, 24.05.93       | 1:43.82 PB    |
| 5. Jonathan Kitilit, KEN, 24.04.94      | 1:43.91       |
| 6. Pierre-Ambroise Bosse, FRA, 11.05.92 | 1:44.20 SB    |
| 7. Joseph Deng, AUS, 07.07.98           | 1:44.21 AR PB |
| 8. Marcin Lewandowski, POL, 13.06.87    | 1:44.32 SB    |

## 1000:

1. Solomon Lekuta, KEN, 03.10.99 2:17.42
2. George Meitamei Manangoi, KEN, 29.11.00 2:18.07
3. Baptiste Mischler, FRA, 23.11.97 2:18.23
4. Thiago André, BRA, 04.12.95 2:18.67
5. Maxence Bruyas, FRA, 23.02.94 2:22.81

## 1500 (DL):

1. Timothy Cheruiyot, KEN, 20.11.95 3:28.41 WL PB
2. Elijah Motonei Manangoi, KEN, 05.01.93 3:29.64 SB
3. Filip Ingebrigtsen, NOR, 20.04.93 3:30.01 NR PB
4. Jakob Ingebrigtsen, NOR, 19.09.00 3:31.18 PB/Eur U20 rec
5. Ayanleh Souleiman, DJI, 03.12.92 3:31.19 SB
6. Brahim Kaazouzi, MAR, 15.06.90 3:31.62 PB
7. Matthew Centrowitz, USA, 18.10.89 3:31.77 SB
8. Aman Wote, ETH, 18.04.84 3:31.90 SB
9. Chris O'Hare, GBR, 23.11.90 3:32.11 PB
10. Jakub Holuša, CZE, 20.02.88 3:32.49 NR PB
11. Charles Cheboi Simotwo, KEN, 06.05.95 3:32.77
12. Jake Wightman, GBR, 11.07.94 3:33.96 PB
13. Ferguson Cheruiyot Rotich, KEN, 30.11.89 3:35.26 PB

## 3000 s/chase (DL):

1. Soufiane El Bakkali, MAR, 07.01.96 7:58.15 WL PB
2. Evan Jager, USA, 08.03.89 8:01.02 SB
3. Conseslus Kipruto, KEN, 08.12.94 8:09.78
4. Benjamin Kigen, KEN, 05.07.93 8:09.98
5. Hillary Bor, USA, 22.11.89 8:14.21
6. Abraham Kibiwot, KEN, 06.04.96 8:17.40
7. Kennedy Murithi Njiru, KEN, 87 8:18.04 PB
8. Ibrahim Ezzaydouny, MAR, 28.04.91 8:20.22
9. Getnet Wale, ETH, 16.07.00 8:22.68 SB
10. Abdelkarim Ben Zahra, MAR, 27.10.98 8:23.41

## WOMEN

## 800 (DL):

1. Caster Semenya, **RSA**, 07.01.91 1:54.60 MR  
[55.76 / 58.84]
2. Francine Niyonsaba, BDI, 05.05.93 1:55.96
3. Natoya Goule, JAM, 30.03.91 1:56.15 NR PB
4. Ajee' Wilson, USA, 08.05.94 1:56.45 SB
5. Habitam Alemu, ETH, 09.07.97 1:56.71 NR PB
6. Rababe Arafi, MAR, 12.01.91 1:57.47 PB
7. Raevyn Rogers, USA, 07.09.96 1:57.69 PB
8. Charlene Lipsey, USA, 16.07.91 1:58.42
9. Renelle Lamote, FRA, 26.12.93 1:58.83 SB
10. Emily Cherotich Tuei, KEN, 13.05.86 1:59.45
11. Margaret Nyairera Wambui, KEN, 15.09.95 1:59.70
12. Selina Büchel, SUI, 26.07.91 2:00.75 SB

## 3000 s/chase:

1. Beatrice Chepkoech, KEN, 06.07.91 8:44.32 WR USD 50,000 bonus
2. Courtney Frerichs, USA, 18.01.93 9:00.85 AR PB
3. Hyvin Kiyeng, KEN, 13.01.92 9:04.41
4. Emma Coburn, USA, 19.10.90 9:05.06 SB
5. Norah Jeruto, KEN, 02.10.95 9:07.20
6. Peruth Chemutai, UGA, 10.07.99 9:07.94 NR PB

7. Roseline Chepngetich, KEN, 17.06.97	9:08.23 PB
8. Daisy Jepkemei, KEN, 13.02.96	9:10.71 PB
9. Winfred Mutile Yavi, BRN, 31.12.99	9:10.74 PB
10. Celliphine Chepteek Chespol, KEN, 23.03.99	9:12.05
11. Karoline Bjerkeli Grøvdal, NOR, 14.06.90	9:18.36 SB
12. Colleen Quigley, USA, 20.11.92	9:20.99
13. Aisha Praught, JAM, 14.12.89	9:25.48
14. Rosie Clarke, GBR, 17.11.91	9:38.71

### **Guldensporenmeeting (21st)**

(Flanders Cup)

Kortrijk, BEL, 14 July

#### **MEN**

800:

Race A:

1. Colby Alexander, USA, 91	1:46.09 PB
2. Jeremiah Mutai, FRA, 92	1:46.46
3. Jesse Garn, USA, 93	1:46.60
4. Sam Prakel, USA	1:46.75 PB

Race B:

1. Said Aden, QAT	1:46.62
2. Marius Probst, GER, 95	1:47.56
3. Markus Einan, NOR, 97	1:47.67

1500:

Race A:

1. Sean McGorty, USA, 95	3:36.61 PB
2. Sammy Kirongo, FRA, 93	3:38.48
3. Rob Napolitano, USA, 94	3:38.74

#### **WOMEN**

800:

Race A:

1. Jenna Westaway, CAN, 94	2:01.70
2. Lauren Johnson, USA, 87	2:01.70
3. Meg Manley, USA, 92	2:01.98

Race B:

1. Liga Velve, LAT, 90	2:01.21
2. Emily Lipari, USA, 92	2:03.00
3. Corane Gazeau, FRA, 96	2:03.30

1500:

Race A:

1. Karissa Schweizer, USA, 96	4:06.77 PB
2. Vanessa Fraser, USA, 95	4:09.74 PB
3. Katelyn Ayers, CAN, 95	4:09.74 PB

5000:

1. Chemtai Lonah Salpeter, ISR, 88	15:17.81 NR
2. Konstanze Klosterhalfen, GER, 97	15:19.93
3. Lauren Paquette, USA, 86	15:22.32

**South Carolina Trackfest**

Mount Pleasant, USA, 14 July

MEN

Elite 800:

1. Jesus LOPEZ, MEX, 1:45.04 NR
2. Sam ELLISON, Boston AA, 1:46.20 PB
3. Quamel PRINCE, Nashville Track Club, 1:47.32

Elite Mile:

1. Cristian SORATOS, adidas, 3:56.21 PB
2. Willy FINK, VT Elite, 3:57.69 PB
3. Travis MAHONEY, Hoka NJNYTC, 3:58.08 PB

**Trofeu Internacional Ciutat de Barcelona (21st)**

Barcelona, ESP, 11 July

MEN

800:

Race A:

- |   |            |
|---|------------|
| 1. Isaiah Harris, USA, 18.10.96                   | 1:46.11    |
| 2. Yassine Hethat, ALG, 30.08.91                  | 1:46.21    |
| 3. Mohamed Belbachir, ALG, 11.01.94               | 1:46.31    |
| 4. Nicholas Kipkoech, KEN, 22.10.92               | 1:46.38    |
| 5. Alexis Mielllet, FRA, 05.05.95                 | 1:46.76 PB |
| 6. Alvaro De Arriba Lopez, FC Barcelona, 02.06.94 | 1:46.90    |

WOMEN

600:

- |  |               |
|--|---------------|
| 1. Laura Bueno Fernandez, Valencia Esports, 25.05.93 | 1:26.21 NB/WL |
| 2. Hanna Green, USA, 16.10.94                        | 1:26.45 PB    |
| 3. Hanna Segrave, GBR, 14.04.95                      | 1:27.38 PB    |
| 4. Emily Richards, USA, 21.07.95                     | 1:28.47 PB    |

800:

- |   |         |
|---|---------|
| 1. Halima Nakaayi, UGA, 14.10.94                          | 2:00.64 |
| 2. Rosemary Almanza, CUB, 15.07.92                        | 2:01.06 |
| 3. Esther Guerrero Puigdevall, New Balance Team, 07.02.90 | 2:01.54 |

1500:

Race A:

- |  |            |
|--|------------|
| 1. Ciara Mageean, New Balance Team (IRL), 12.03.92 | 4:04.13    |
| 2. Martha Pen Freitas, POR, 31.07.93               | 4:04.53 PB |
| 3. Linden Hall, AUS, 29.06.91                      | 4:04.88    |
| 4. Sara Vaughn, USA, 16.05.86                      | 4:05.88    |
| 5. Cory Mcgee, New Balance Team (USA), 29.05.92    | 4:06.26 PB |

**Meeting Internazionale di Atletica Leggera Sport Solidariet  (29th)**

Lignano Sabiadoro, ITA, 11 July

MEN

800:

- |                             |         |
|-----------------------------|---------|
| 1. Joshua Ralph, AUS, 1991  | 1:46.68 |
| 2. Erik Sowinski, USA, 1989 | 1:46.75 |
| 3. Drew Windle, USA, 1992   | 1:46.88 |

- |                                  |         |
|----------------------------------|---------|
| 4. Chris Giesting, USA, 1992     | 1:46.88 |
| 5. Abedin Mujezinovic, BIH, 1993 | 1:46.90 |
| 6. Drew Piazza, USA, 1995        | 1:46.97 |

1500:

- |                                |            |
|--------------------------------|------------|
| 1. Neil Gourley, GBR, 1995     | 3:36.54 PB |
| 2. Jordan Williamsz, AUS, 1992 | 3:36.62 PB |
| 3. Eric Avila, USA, 1989       | 3:36.95    |

WOMEN

800:

- |                                     |            |
|-------------------------------------|------------|
| 1. Alexandra Bell, GBR, 1992        | 2:00.13    |
| 2. Lauren Johnson, USA, 1987        | 2:00.87 PB |
| 3. Yuneysi Santiusti Cab, ITA, 1984 | 2:01.80    |
| 4. Brittany McGowan, AUS, 1991      | 2:01.99    |
| 5. Lindsey Butterworth, CAN, 1992   | 2:02.21    |
| 6. Cecilia Barowski, USA, 1992      | 2:02.76    |

1500:

- |                               |            |
|-------------------------------|------------|
| 1. Elinor Purrier, USA, 1995  | 4:07.79 PB |
| 2. Alexa Efraimson, USA, 1997 | 4:08.39    |
| 3. Danielle Aragon, USA, 1994 | 4:09.03 PB |

### **Hokuren Distance Challenge - Fukagawa Meet**

Fukagawa, Hokkaido, JPN, 11 July

MEN

10000:

Race A:

1. Andrew Lorot (KEN), 27:52.39
2. Josphat Ledama Kisaisa (KEN), 27:52.74
3. Nicholas Kosimbei (KEN), 27:56.81
4. Kazuki Tamura, 27:58.35

WOMEN

5000:

Race A:

1. Grace Kimanzi (KEN), 15:20.95
2. Hitomi Niiya, 15:35.19
3. Akane Yabushita, 15:58.10

10000:

Race A:

1. Pauline Kamulu (KEN), 30:41.85 WL/PB
2. Honami Maeda, 32:13.87
3. Ayumi Hagiwara, 32:17.54
4. Natsuki Omori, 32:24.27
5. Misaki Hayashida, 32:29.11
6. Suel Ki Ahn (KOR), 32:33.61 - NR

## Spitzen Leichtathletik

Luzern, SUI, 9 July

MEN

800:

Race A:

1. Clayton Murphy, USA, 1995	1:46.41
2. Alfred Kipketer, KEN, 1996	1:46.48
3. Cornelius Tuwei, KEN, 1993	1:46.59
4. Nicholas Kipkoech, KEN, 1992	1:46.61
5. Guy Learmonth, GBR, 1992	1:46.87

WOMEN

800:

1. Natoya Goule, JAM, 1991	2:00.32
2. Kate Grace, USA, 1988	2:01.18
3. Kaela Edwards, USA, 1993	2:01.18
4. Georgia Griffith, AUS, 1996	2:01.85
5. Lore Hoffmann, SUI, 1996	2:02.85

## BACKGROUND

### IAAF RELEASES RESULTS OF BIGGEST BIOMECHANICAL STUDY EVER

Almost everything that moved in the stadium at last year's IAAF World Championships in London was recorded by 49 high speed cameras and has now been measured and analysed as part of the largest biomechanical study in the sport's history, reports *Athletics International*. The IAAF, in partnership with Leeds Beckett University, released the results of this unique project at the IAAF Coaches Conference in Tampere. After 12 months of intensive work, Leeds Beckett has produced 38 in-depth reports, revealing fascinating details about the performances of the world's best athletes.

"Biomechanics are crucial to the development of athletes where milli-seconds and millimetres can make the difference between qualifying for a final, or not, and winning a medal, or not," said IAAF President Seb Coe. "They enable athletes and coaches to perfect performances, tweak technique and more importantly understand, manage and mitigate injury."

The study recorded data from 76 individual events, filming over 730 athletes with 49 high speed and HD cameras. Leeds Beckett University clocked up over 6500 hours in planning, data collection and data analysis resulting in the 38 individual reports.

"Partnering the IAAF in this project was a very exciting chapter for the Biomechanics department within the Carnegie School of Sport at Leeds Beckett University," said Head of Department, Dr Athanassios Bissas. "It was both exciting and carried significant responsibility because of the scope of the project and capturing live data from athletes such as Usain Bolt, Mo Farah and over 700 other top athletes. Central to our data collection protocols was the deployment of three-dimensional motion techniques to analyse all the events. The plan was to deploy as many cameras as possible per event so all key aspects are captured. For instance, we deployed 23 high-speed cameras to capture the 100 race, something unprecedented in the world of athletics, and definitely a first in terms of biomechanical sprinting analysis. We are proud of this project and feel it will be an important milestone in the development of biomechanics in athletics. We are confident that the reports will provide everyone in the sport of athletics with useful material for many years to come."

### Some of the highlights from this research include:

\* We all know that clearing the barriers and landing cleanly in the water are critical in the steeplechase. But the outstanding technique of USA athletes Emma Coburn and Courtney

Frerichs in the women's steeplechase clearly showed that medals were won and lost in the water. The research showed in detail that the USA team's effective water jump clearance techniques were key to their performances.

\* The 4x100 men's relay shows that the difference between gold and silver was the exact same difference between the time the athletes spent in the changeover zone. The GB men's team spent the least total time in the changeover zone - 0.05 sec less than the USA team which was the winning margin.

\* The data captured on 10000 m champion Almaz Ayana shows a difference of up to 20 cm between the length of her strides from right to left (her right to left is longer than left to right), which is not easy to spot with the naked eye. Eliminating this asymmetry may not just make her faster but may help to overcome injury. The health and well-being of athletes is as important as their performances.

\* We recorded the longest 110 m hurdle clearance at the championships from bronze medallist Balázs Baji – over 2 metres before the hurdle and just under 2 metres after the hurdle so a 4 m hurdle, just under half the length of a world class long jump.

\* The longest measured stride during speed development in the women's 100 final was recorded by Dafne Schippers at a pretty impressive 2.3 metres.

Coe continued: "These are distances that our fans understand and can marvel at. Together with take off speeds in jumps and the speed of release in throws we can use this data to tell the stories of the enormous feats that our athletes achieve, bringing to life their extraordinary talents and enhancing our fans' understanding, enjoyment and appreciation of our sport. We are working on some innovative ideas around graphics for our next World Championships in Doha, using biomechanical data to bring our fans closer to the action and our athletes. These are exciting times for our sport."

More details of the study can be read at [www.iaaf.org/documents](http://www.iaaf.org/documents).

## STATS TIME

This week we include a list of the top eleven SA men 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. Gladwin Mzazi is the only athlete with more than one time on the list.

### 2018 10 KM: TOP 11 MEN

28:40	Gladwin Sibabalwe Mzazi	2	Port Elizabeth	07 Apr
28:41	David Manja	3	Port Elizabeth	07 Apr
28:47	Joel Mmone	4	Port Elizabeth	07 Apr
28:49	Melikhaya Frans	5	Port Elizabeth	07 Apr
29:18	Lukhanyo Ngxoko	6	Port Elizabeth	07 Apr
29:36	Mariano Eesou	7	Port Elizabeth	07 Apr
29:40	Mzazi-2	1	Port Elizabeth	16 Jun
29:43	Lesiba Precious Mashele	12	Paderborn	31 Mar
29:43	Mzazi-3	1	Sasolburg	03 Feb
29:44	Lloyd Bosman	1	George	23 Jun
29:45	Nkosinanthi Madyo	8	Port Elizabeth	07 Apr
29:47	Mthobisi Baloyi	2	Sasolburg	03 Feb
29:47	Mbongeni Ngxazozo	3	Port Elizabeth	16 Jun

## THIS MONTH IN HISTORY

### 23 years ago: 22 July 1995

On 17 July 1983 a barely 14-year-old Portuguese schoolgirl ran a remarkable time of 9:21.71 for 3000 metres in Lisbon and finished 13th on the world junior list for the year – well below first-placed Zola Budd (8:39.00) and fourth-placed Elana van Zyl (9:09.32),



both about three years older. On this day, almost exactly twelve years later, the same Portuguese runner, Fernanda Ribeiro, set a world record of 14:36.45 for 5000 m in Hechtel. Elana, now Meyer, was second in a South African record 14:44.05, with Gwen Griffiths seventh in 15:25.29. Meyer's record still stands.

## 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	30:41	Simphiwe Zulu	Durban	15 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
	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	9:46:50	Johan van der Merwe	Polokwane	15 Apr
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	33:19	Desmond Zibi	Uitenhage	30 Jun
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar

21.1 km	47:52	Titus Mamabolo (RSA) 1991		
	75:04	Desmond Zibi	Port Elizabeth	26 May
25 km	66:23	Titus Mamabolo (RSA) 1991		
	99:31	Joseph Ndlovu	Pretoria	12 May
	92:17A	Michael Ndlovu	Pinetown	28 Jan
30 km	84:12	Norman Green (USA) 1984		
	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		

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	57:24	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		

Great grandmasters (70+)

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		

Juniors

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**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	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		

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	11:26:45	Cornel Metcalfe	Polokwane	15 Apr
	7:20:22	Maria Auxiliadora (BRA) 1998		

Masters (50+)

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

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	Lesego Mpshe	Polokwane	19 May
	67:57	Abebu Gelan Adugna (ETH) 2009		

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Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Karen Zimmerman, Jacky McClean (Newsport Media), Jakes Jacobs

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Published by Riël Hauman  
42 Fifteenth Avenue, Boston, Bellville 7530, RSA  
Telephone: 021 948-0293  
Fax: 0866 89-44-74  
Cellphone: 082 922-8538  
E-mail: [rielh@mweb.co.za](mailto:rielh@mweb.co.za)



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