

Distance Running Results

Vol. 18, No. 35 – 10 September 2018

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

Three-time Comrades champion Bongmusa Mthembu confirmed his position at the top of the South African ultramarathon ladder by taking the bronze medal in the IAU World 100 km Championships in Sveti Martin na Muri, Croatia, on Saturday. Mthembu, who was second in the previous edition of the championships -- when he broke Bruce Fordyce's SA (and former world) record with his 6:24:05 -- clocked 6:33:47, the sixth fastest of all time among South Africans. The men's team, which won the competition in 2016, was second this time behind Japan. Japan's Hideaki Yamauchi retained his individual title. Thusio Mosiea was 14th in 6:59:00 and Best Ngwenya 16th in 7:01:02.

The SA women were also second behind Japan, with veteran Salome Cooper finishing seventh in 7:51:13 -- likewise the sixth fastest time ever by a South African (third best by a vet). Fikile Mbuthuma was 14th (7:59:17; 7th fastest ever) and Lisa Collett 19th (8:06:14; tenth fastest ever and fifth fastest by a vet).

In Port Elizabeth Precious Mashele and Glenrose Xaba retained their national 10 km cross-country titles, with the 4 km crowns going to Marko Bucarizza and Lebo Phalula (who has won the long race four times in the past). Xaba won both races last year.



Two of the most outstanding distance performances of the year came in Prague on Saturday night when the reigning IAAF world junior 10000 m champion, Rhonex Kipruto of Kenya, scorched a solo 26:46 at the Birell Grand Prix, a certified, record-eligible, 10 km (and also an IAAF Gold Label race). The time is the second fastest in history, surpassed only by Leonard Patrick Komon's 26:44 world record. Kipruto went through the halfway point in 13:31 and then increased his pace to cover the second half in a remarkable 13:15. The photograph shows him at the finish (picture by RunCzech). All of the top 10 men broke 28 minutes,

including second placer Geoffrey Koech (27:18) and third placer Mathew Kimeli (27:26). In the women's race Caroline Kipkirui, also of Kenya, ran a personal best 30:19, making her

the fifth fastest woman in history on a record-eligible course. Fancy Chemutai of Kenya was second in 30:22, followed by compatriot Diana Chemtai Kipyokei in 30:23.

One of South Africa's oldest submarathon races, the Muller Potgieter Half Marathon, was held for the 50th time this weekend and won by Philani Buthelezi (71:02) and Jacqueline Pienaar (98:36).

South African Tanya Posthumus-Fox finished 13th in the Tallinn (Estonia) Half Marathon yesterday in 1:29:28.

Another South African, Gerda Steyn, the Old Mutual Two Oceans Marathon champion, scored an overwhelming victory in the Taylor Wimpey Tees Pride 10 km in Middlesbrough, England, last Sunday. Steyn was fifth overall in 33:59 -- breaking her PB by 36 seconds -- and won the women's race by almost three minutes. The time puts her fourth on the SA performance list for the year. The picture shows her at the finish.



At the Continental Cup meeting in Ostrava this weekend Caster Semenya ran a national record of 49.62 for 400 m and 1:54.77 for double that distance (the third fastest time in the world this year, so that she now owns the top four times for 2018) -- just a week after breaking her own SA record for 1000 m with a world-leading 2:30.70 in Berlin.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Ommiedraai 10 km, Kenilworth
- * SAPS Striders Heritage Half Marathon & 10 km, Durban
- * Muller Potgieter Half Marathon & 10 km, Pretoria
- * Mpati Mountain Race, Dundee
- * NFB Tony Viljoen Border Masters Marathon, East London
- * Lentefees Half Marathon & 10 km, Riebeek Kasteel
- * XC: SA Cross-country Championships, Port Elizabeth

International highlights:

- * New Balance Fifth Avenue Mile, New York, USA
- * Simplyhealth Great North Run, Newcastle to South Shields, GBR
- * Birell Grand Prix, Prague, CZE
- * Faxon Law New Haven Road Race, New Haven, USA
- * CZ Ten Miles of Tilburg & Rabobank Tilburg Ladies Run 10 km, Tilburg, NED
- * Philips Pila International Half Marathon, Pila, POL
- * Semi-Marathon de Lille Métropole, Lille, FRA
- * Track: IAAF Continental Cup, Ostrava, CZE; Hanzekovic Memorial, Zagreb, CRO; ISTAF, Berlin, GER
- * IAU 100 km World Championships, Sveti Martin na Muri, CRO

ROAD RUNNING

Ommiedraai 10 km

Kenilworth, 9 September

(Finishers: 2254 [down from 2364 last year].)

MEN

1. Raydon Balie (Eerste) 30:26

2. Siviwe Nkombi (Itheke) 30:34
3. Nkosiyethu Sotyantya (MSA) 30:49

Veterans: 1. Mthandazo Qhina (Ned) 31:04; 2. Vakalisa Kopolo (Ned) 32:57; 3. Vuyani Sixaso (Gugs) n/t. **Masters:** 1. John September (Itheke) 37:41; 2. Monde Tutani (Langa) 38:55; 3. Isaac Manuel (Edge) 39:07. **G'masters:** 1. Mochamat Kriel (Ommie) 38:05; 2. Johannes Jacobs (Celtic) 45:02; 3. Albert Williams (Top) 47:01. **G/g'masters:** 1. Jeff Smith (Itheke) 55:51; 2. Dave Kennett (VOB) 57:21; 3. Oloff Crous (Brack) 57:43. **Juniors:** 1. Thembeko Mendu (Gugs) 32:40; 2. Siyabonga Mathe (East) 33:30; 3. Edward Jack (Central) 33:30 [correct].

WOMEN

1. Nolene Conrad (KPMG) 34:13
2. Fortunate Chidzivo (ZIM/Langa) 34:54
3. Natalie Beckenstrater (WC) 39:37

Veterans: 1. Busisiwe Matiwane (Ned) 43:93; 2. Veruschke Kolbe (WR) 45:09; 3. Jolene Thompson (WC) 45:11. **Masters:** 1. Mariëtte Strauss (Tyger) 43:01; 2. Gail Maharaj (SANDF) 48:19; 3. Nikki Hill (Carb) 48:39. **G'masters:** 1. Olga Howard (Ned) 43:20; 2. Charmaine Cupido (Ned) 50:21; 3. Christine Hibberd (FH) 51:31. **G/g'masters:** 1. Marietha Herbert (Bell) 56:57; 2. Pixie Sparg (Celtic) 57:24; 3. Marlene James (Pine) 62:46. **Juniors:** 1. Anitha Nonene (Gugs) 44:49; 2. Mia Zgerski (WC) 45:37; 3. Asenathi Tyona (VOB) 46:56.

SAPS Striders Heritage Half Marathon & 10 km

Durban, 9 September

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 879; 10 km -- 667.)

Half marathon

MEN

- | | | | |
|----|------------------|-------------|-------|
| 1. | Samuel Pazanga | ZIM | 69:35 |
| 2. | Mziwenkosi Mjaja | Nedbank AC | 70:42 |
| 3. | Ayanda Ngcobo | Phantane AC | 70:55 |

40-49:

- | | | | |
|----|-------------|-------|-------|
| 1. | Duane Dicks | DHSOB | 79:03 |
|----|-------------|-------|-------|

50-59:

- | | | | |
|----|----------------|------------|-------|
| 1. | Michael Ndlovu | Zakhele AC | 79:02 |
|----|----------------|------------|-------|

60+:

- | | | | |
|----|-----------------|----------|-------|
| 1. | Nicolas Dlamini | Boxer AC | 94:08 |
|----|-----------------|----------|-------|

WOMEN

- | | | | |
|----|-------------------|----------------|-------|
| 1. | Lieketseng Molefe | Chiltern AC | 89:05 |
| 2. | Lindokuhle Gabela | DUT | 89:51 |
| 3. | Robyn Mare | Hillcrest Vill | 91:12 |

40-49:

- | | | | |
|----|-------------------|-------------|-------|
| 1. | Lieketseng Molefe | Chiltern AC | 89:05 |
|----|-------------------|-------------|-------|

50-59:

- | | | | |
|----|-------------|-----------|--------|
| 1. | Leanne Gibb | Stella AC | 106:45 |
|----|-------------|-----------|--------|

60+:

- | | | | |
|----|-------------|---------------|--------|
| 1. | Jenny Scott | Dolphin Coast | 112:40 |
|----|-------------|---------------|--------|

10 km

MEN

- | | | | |
|----|---------------|------------|-------|
| 1. | Zukile Vellem | Black D AC | 33:05 |
|----|---------------|------------|-------|

WOMEN

1. Janie Grundling Boxer AC 38:40

Muller Potgieter Half Marathon (50th) & 10 km

Pretoria, 8 September

(Distances: 21.1 km & 10 km; hilly loop courses. Finishers: half marathon – 550 [up from 350 last year]; 10 km – 515 [down from 600].)

Half marathon

MEN

1 Philani Buthelezi (KPMG) 71:02; 2 Pfarelo Mathada (Faranani) 73:43; 3 Musa Sibiya (KPMG) 74:31.

Veterans: 1 Vivian Petrus (PMMC) 85:34. **Masters:** 1 Rob Hudson (Irene) 92:42.

G'masters: 1 Marius Carstens (Vitality) 92:44.

WOMEN

1 Jacqueline Pienaar (Temp) 98:36; 2 Chloe Cooney (Temp) 98:53; 3 Bronwyn Saayman (Temp) 1:42:18.

Veterans: 1 Tracy Housden (Phobians) 1:48:02. **Masters:** 1 Karien Coomber (ACRW) 1:48:35. **G'masters:** 1 Lettie Coetzee (Pta Bobbies) 2:21:06.

10 km

MEN

1 Moses Njuguna (KEN/Nedbank) 33:47 (1st vet); 2 Oupa Maseko (Zwakala) 33:59; 3 Thubelihle Ndebele (RAC) 39:12.

Veterans: 1 Moses Njuguna (Nedbank) 33:47. **Masters:** 1 Damian Smith (Pirates) 46:30.

G'masters: 1 Arthur Valasis (Knysna) 47:10.

WOMEN

1 Michelle Redelinghuys (Tuks) 43:24; 2 Taryn McLintock (Temp) 44:14; 3 Cinette v.d. Ende (Runavation) 44:39.

Veterans: 1 Sonet Marais-Werner (Irene) 48:35. **Masters:** 1 Ansie Breytenbach (Irene) 48:35. **G'masters:** 1 Petro Vermaak (CSIR) 60:42. **Juniors:** 1 Thabiso Mulauzi (Vitality) 79:47.

Mpati Mountain Race (42nd)

Dundee, 8 September

(Distance: 15 km; hilly loop course on tar, mountain trails and gravel. Finishers: 79.)

MEN

1.	Sphamandla Ntembe	Ethekweni AC	1:02:33
2.	Bongani Sabela	Biggarsber AC	1:04:05
3.	Xolani Msimango	Volksrust AC	1:06:26

50-59:

1.	Rob Burns	Biggarsber AC	2:14:13
----	-----------	---------------	---------

60+:

1.	Ven Moodley	Chatsworth AC	2:11:52
----	-------------	---------------	---------

WOMEN

1.	Nandi Mitchell	Massmart AC	1:17:56
2.	Jo Cloassens	Newcastle AC	1:33:34
3.	Melissa Scheepers	Vryheid AC	1:48:15

50-59:

1.	Dawn Ponney	Ind	n/t
----	-------------	-----	-----

60+:

1.	Cathy de Beer	Vryheid AC	1:54:53
2.	Jenny Scott		50:18

Juniors:

1.	Nghatang Motlounge	Linokuhle AC	1:55:51
----	--------------------	--------------	---------

NFB Tony Viljoen Border Masters Marathon (41st)

East London, 2 September

(Distance: 42.195 km; point-to-point downhill course from Stutterheim to East London, finishing at the Beacon Bay Country Club. Finishers: 641 [big increase from 484 last year].)

Note: Prize money was awarded to the first three runners as follows: R200, R150, R100. -- Ed.

MEN

1. Bulelani Mgubo (AS) 2:26:44
2. Nkosinathi Nzingo (Ned) 2:31:15
3. Welcome Tishini (Ned) 2:33:50

40-44: 1. Welcome Tishini (Ned) 2:33:50; 2. Xolisile Sinkintana (RG) 2:38:31; 3. Mndeni Zulu (Ox S) 2:41:25. **45-49:** 1. Zakuthini Retyu (QH) 3:01:20; 2. Vaughan Emslie (Ox S) 3:05:38; 3. Dumisani Siphamba (Cheethas) 3:07:08. **50-54:** Kenny Swartz (Ox S) 3:06:20; 2. Christo Muller (Ox S) 3:07:12; 3. Liam Victor (Old S) 3:11:09. **55-59:** 1. Nkosana Mpolweni (RG) 3:16:57; 2. Madaala Moyo (OM) 3:39:20; 3. Fred McKenzie (West) 3:46:29. **60-64:** 1. Mark Wagenheim (AAC) 3:26:38; 2. Themba Bhelwana (Ox S) 3:33:26; 3. Charl Pienaar (Old S) 3:38:33. **65-69:** 1. Sam Damane (B2R) 4:18:01; 2. Cyril Bekker (Gonubie) 4:31:02; 3. Nicky Smit (Old S) 4:44:08. **80+:** 1. Caspar Greeff (AAC) 6:01:22.

WOMEN

1. Caryn Lategan (B2R) 3:04:52
2. Lauren Ranger (N2R) 3:10:34
3. Melanie Schemel (B2R) 3:10:47

40-44: 1. Karen Davis (B2R) 3:14:29; 2. Bonnie Currin (B2R) 3:39:35; 3. Wendy van der Merwe (Ned) 3:39:47. **45-49:** 1. Tracy Kitching (Ox S) 3:47:04; 2. Janet Kieck (B2R) 3:47:15; 3. Catherine Fetting (Vital) 3:49:56. **50-54:** 1. Mary-Ann Paton (HV) 4:31:39; 2. Hanlie Pedro (B2R) 4:37:22; 3. Judy Grobler (Vital) 4:50:16. **55-59:** 1. Hester Ferrezuelo (B2R) 3:33:36; 2. Sharon Eldridge (Old S) 4:25:14; 3. Ansie Bronkhorst (Ox S) 4:41:46. **65-69:** 1. Beanie Beard (Old S) 5:21:29.

Lentefees Half Marathon & 10 km

Riebeek Kasteel, 1 September

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 289; 10 km -- 279.)

Half marathon

MEN

1	Thomas	Struis	Ind	24	1:11:51
---	--------	--------	-----	----	---------

2	Deon	Titus	EGA	37	1:11:52
3	Moletsane	Pheletso	EGA	26	1:13:14

WOMEN

1	Elizabeth	Brink	Durbanville	44	1:37:16
2	Marjorie	Prins	Ceres	50	1:38:18
3	Charmaine	Viviers	Paarl	33	1:39:27

10 km

MEN

1	Angelo	Booyesen	DSC	26	31:53
2	Regan	Rooi	Ceres	18	32:21
3	Petrus	Zwane	Swartland	29	32:23

WOMEN

1	Virgil-Lee	Africa	Maties	15	41:14
2	Virnita	Africa	Maties	17	43:48
3	Herlien	Van Zyl	Ind	44	44:44

CROSS-COUNTRY**South African Cross-country Championships**

(70th for men; 55th for women)

Port Elizabeth, 8 September

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

SR. MEN (10 km)

1	Precious	Mashele	CGA	27	29:28
2	Jeromy	Andreas	CGA	26	29:47
3	Kabelo	Seboko	CGA	20	29:51
4	Mbuleli	Mathanga	KZNA	24	30:09
5	Milton	Kekana	AGN	22	30:16
6	Thabang	Mosiako	ACNW	23	30:21
7	Gladwin	Mzazi	CGA	30	30:26
8	Collen	Mulaudzi	AGN	21	30:30
9	Elroy	Gelant	ACNW	32	30:34
10	Bonginkosi	Zwane	KZNA	28	30:37
11	Silindile	Gubese	KZNA	31	30:48
12	Andile	Motwani	EPA	21	30:52
13	Thamsanqa	Khonco	CGA	20	30:57
14	Samuel	Matsepe	ANWN	29	31:01
15	Kabelo	Melamu	CGA	21	12:11
16	Mariano	Eesou	EPA	26	31:01
17	Tumisang	Monnatlala	CGA	23	31:09
18	Kamogelo	Masemola	LIMA	21	31:11
19	Thabo	Sebotsa	AFS	20	31:16
20	Joel	Mmone	ACNW	27	31:19
21	Michael	Pienaar	AGN	23	31:24
22	Jeremia	Moswetsi	ANWN	30	31:28
23	Zuko	Kupiso	ATRA	22	31:31
24	Moses	Mahlangu	AMPU	27	31:32
25	David	Manja	ACNW	27	31:34
26	Donald	Mashamaite	CGA	26	31:35
27	Ntsindiso	Mphakathi	CGA	28	31:36
28	Sipho	Mbanjwa	KZNA	24	31:42

29	Zolani	Ngqaqa	EPA	29	31:44
30	Sibusiso	Madikizela	WPA	29	31:48
31	Malefetsane	Motloun	AFS	29	31:48
32	Katlego	Moloi	AMPU	20	31:49
33	Danzil	Paulse	WPA	25	31:51
34	Phalang	Mosiea	KZNA	29	31:57
35	Stanley	Mofu	AGN	30	31:59
36	Siviwe	Nkombi	WPA	29	31:59
37	Vuyisile	Tshoba	AGN	27	32:01
38	Pontsho	Ngobeni	AVT	21	32:02
39	Victor	Pheela	AGN	26	32:12
40	Thato	Kekana	AGN	24	32:15
41	Victor	Makhebesela	AFS	21	32:16
42	Richard	Mokoaledi	ACNW	29	32:17
43	Lukhanyo	Nobakada	WPA	21	32:18
44	Musa	Nkosi	AGN	26	32:19
45	Ndumiso	Sokhela	KZNA	23	32:21
46	Angelo	Booyesen	BOL	26	32:25
47	Mandisa	Kubheka	AFS	23	32:27
48	Patrick	Mfene	AVT	20	12:39
49	Joseph	Manelo	AFS	24	32:43
50	Puseletso	Mofokeng	ACNW	25	32:44

SR. MEN

1	Marko	Bucarizza	CGA	29	11:49
2	Nkosinathi	Sibiya	KZNA	24	11:53
3	Anthony	Timoteus	WPA	23	11:55
4	Samuel	Mathabatha	AMPU	25	11:58
5	Thabo	Motaung	CGA	30	12:06
6	Treasure	Derison	AFS	26	12:07
7	Rantso	Mokopane	ACNW	24	12:09
8	Sibusiso	Kubheka	KZNA	20	12:15
9	Vuyolwethu	Mbukushe	WPA	27	12:16
10	Mpho	Motaung	AGN	24	12:21
11	Kemang	Khunonyane	CGA	26	12:21
12	Lloyd	Masondo	KZNA	25	12:23
13	Puseletso	Mofokeng	ACNW	25	12:23
14	Henry	Makane	CGA	25	12:25
15	Johnathan	Bredenkamp	AGN	24	12:28
16	Jerry	Motsau	ACNW	28	12:29
17	Solomon	Botsholo	AGN	24	12:29
18	Ndumiso	Sokhela	KZNA	23	12:31
19	Jabolane	Ncamane	AGN	24	12:32
20	Lesiba	Chokoe	AGN	23	12:33
21	Du-Wayne	Philander	WPA	23	12:34
22	Prince	Jali	CGA	29	12:35
23	Sikhalo	Mtumkulu	AGN	24	12:35
24	Mohau	Malise	AFS	25	12:38
25	Phalang	Mosiea	KZNA	29	12:39
26	Paulos	Radebe	CGA	27	12:40
27	Tebogo	Segalagala	AGN	25	12:40
28	Tebogo	Ndwandwe	AGN	22	12:41
29	Ian	Slinger	ACNW	22	12:41
30	Thusile	Nobanda	ATRA	23	12:42

MEN 40 (8 km)

1	Simphiwe	Zulu	KZNA	41	25:32
---	----------	------	------	----	-------

2	James	Mgcina	CGA	42	26:28
3	Mzwanele	Maphekula	EPA	42	27:07
MEN 45 (8 km)					
1	Mluleki	Nobanda	ATRA	49	26:04
2	Peter	Masia	CGA	49	27:22
3	Shawn	Abrahams	WPA	48	27:24
MEN 50 (8 km)					
1	George	Mooi	CGA	51	27:23
2	Desmond	Zibi	EPA	54	27:34
3	Solomon	Khumalo	CGA	52	27:48
MEN 55 (8 km)					
1	Reform	Ndlovu	CGA	56	30:28
2	Mzoli	Mpalala	BORA	55	31:23
3	Willie	Majombozi	KZNA	55	32:06
MEN 60 (6 km)					
1	Gideon	Radebe	AMPU	61	24:32
2	Andrew	Daly	KZNA	61	24:40
3	Sticks	Stiglingh	EPA	63	24:48
MEN 65 (6 km)					
1	David	Maphangulo	AGN	65	23:43
2	Hannes	Els	EPA	68	26:24
3	Cyril	Vergi	CGA	66	26:30
MEN 70 (6 km)					
1	Daniel	Hlongwane	AGN	70	29:02
2	Nicodemus	Ngwenya	CGA	71	29:09
3	Robert	Dowdeswell	ANWN	72	29:12
MEN 75 (6 km)					
1	Noel	Saville	KZNA	75	32:59
2	Andries	Van der Merwe	AGN	78	36:16
3	Johan	Bossau	ANWN	75	36:50
MEN 23					
1	Ryan	Mphahlele	CGA	20	11:30
2	Awethu	Ntsotho	ATRA	20	11:57
3	Siphiwe	Mohlomi	CGA	20	11:58
JR. MEN (8 km)					
1	Ngconde	Matwebu	AFS	18	24:17
2	Dais	Malebane	AGN	19	24:17
3	Pakiso	Mthembu	AFS	19	24:25
BOYS 17 (6 km)					
1	Nicholas	Seopasengwe	CGA	17	18:43
2	Andries	Sesedi	CGA	17	18:55
3	Waldo	Kaptein	ASWD	17	19:18
SR. WOMEN (10 km)					
1	Glenrose	Xaba	AGN	23	35:16
2	Kesa	Molotsane	AFS	26	35:17
3	Jenet	Mbhele	KZNA	23	36:07
4	Aynslee	Van Graan	AGN	22	36:18
5	Thobile	Mkhize	KZNA	21	36:59
6	Lebogang	Phalula	CGA	34	37:04
7	Cacisile	Sosibo	KZNA	21	37:12
8	Anel	Terblanche	WPA	31	37:19
9	Khonzeni	Gwegwe	ATRA	24	37:22
10	Leanda	Du Bruyn	WPA	24	37:31
11	Happiness	Mkhize	KZNA	25	38:01
12	Kataza	Skipalana	AGN	32	38:21
13	Stella	Marais	AGN	25	38:28

14	Maria	Shai	CGA	31	38:29
15	Hellen	Phanyane	LIMA	30	38:39
16	Silindile	Chili	KZNA	24	38:47
17	Jessica	Pollock	WPA	24	38:48
18	Khutso	Moketla	CGA	20	38:50
19	Anna	Moeketsi	AFS	32	38:58
20	Luthando	Nxanisa	EPA	25	39:01
21	Lee-Shay	Willemse	WPA	25	39:06
22	Bulelwa	Simae	WPA	41	39:47
23	Farida	Zwane	CGA	22	40:19
24	Ndileka	Mvakwendlu	EPA	27	40:43
25	Koketso	Moshabo	AGN	23	41:18
26	Tshepo	Ramokgadi	LIMA	19	41:23
27	Marie-Tinka	Olivier	ANWN	19	41:23
28	Precious	Hlaka	CGA	26	41:38
29	Mpho	Mabuza	CGA	38	41:47
30	Rethubile	Jabane	AFS	20	41:59
31	Marelize	Reitz	AGN	19	43:50
32	Maryna	Swanepoel	AFS	32	43:55
33	Hanlie	Etsebeth	ACNW	21	44:17
34	Lorissa	Husemeyer	ANWN	25	44:48
35	Kobe	Paballo	AGN	22	45:19
36	Palesa	Lehasa	ACNW	30	45:25
37	Patience	Muleya	AGN	31	45:52
38	Tholoana	Peu	AGN	21	46:07
39	Boitumelo	Sehloho	CGA	34	46:19
40	Abigail	Grobler	AGN	15	47:19
41	Mpho	Mariri	AGN	23	47:46
42	Valentia	Modiba	AGN	23	48:15
43	Boikhutso	Lebang	ANWN	22	48:56
44	Kgotnatso	Gumede	AGN	23	49:58
45	Sanelisiwe	Mbanjwa	KZNA	28	50:11
46	Angelique	Jordaan	AGN	23	50:37
47	Melita	Molalatladi	LIMA	25	52:01
48	Ongezwa	Gqwetha	ATRA	21	55:19

SR. WOMEN

1	Lebo	Phalula	CGA	34	14:29
2	Carina	Swiegers	AGN	23	14:43
3	Anet	Coetzee	AGN	29	14:49
4	Nomsa	Cossa	CGA	24	14:56
5	Roné	Reynecke	ANWN	32	15:05
6	Kataza	Skipalana	AGN	32	15:08
7	Phumzile	Gwala	KZNA	22	15:11
8	Makoma	Batji	CGA	25	15:13
9	Andronica	Makgotla	CGA	29	15:19
10	Murendwa	Davhana	CGA	24	15:24
11	Polite	Maluleka	KZNA	22	15:27
12	Michelle	Daniels	AMPU	25	15:41
13	Mashilo	Maloba	SAPD	24	15:50
14	Nolubalalo	Dyonase	IND-WPA	23	15:51
15	Anel	Terblanche	WPA	31	15:53
16	Nokuthula	Ntshangase	KZNA	26	16:06
17	Karin-Mari	Dotze	AVT	23	16:07
18	Daisy	Phaho	SAPD	25	16:13
19	Mbali	Mthimukulu	SAPD	25	16:14
20	Maria	Makgoshing	CGA	26	16:20

21	Xoli	Madida	KZNA	33	16:22
22	Mishelene	Lagerwall	AGN	30	16:32
23	Nokukhanya	Memela	KZNA	31	16:39
24	Annelien	Motlhala	AGN	27	16:51
25	Petrie	Ehlers	ACNW	27	16:52
26	Julia	Mafokane	AFS	32	16:58
27	Kayla	Nell	EPA	24	16:59
28	Eugene	Dibetso	CGA	23	17:12
29	Shona	Van der Merwe	AGN	31	17:15
30	Patience	Muleya	AGN	31	17:21

WOMEN 40

1	Christiane	Adriaanse	WPA	40	14:39
2	Bulelwa	Simae	WPA	41	15:21
3	Minette	Bell	ACNW	40	15:48

WOMEN 45

1	Ronel	Thomas	AGN	46	15:44
2	Marili	Munnik	AGN	49	16:15
3	Shani	Silver	KZNA	48	16:56

WOMEN 50

1	Michelle	Sims	KZNA	51	16:41
2	Liezel	Wessels	BOL	50	17:19
3	Christine	Claasen	EPA	54	17:36

WOMEN 55

1	Mariëtte	Strauss	WPA	56	17:33
2	Mariet	Geyer	AGN	59	18:58
3	Janette	Schierz-Crusius	EPA	58	19:00

WOMEN 60

1	Olga	Howard	WPA	60	17:43
2	Erica	Hamilton	AVT	60	18:17
3	Irene	Scheffer	ANWN	62	18:24

WOMEN 65

1	Nancy	Will	WPA	65	19:15
2	Jane	Dickenson	KZNA	65	20:42
3	Jan	Phelan	KZNA	69	22:11

WOMEN 70

1	Pixie	Sparg	WPA	73	23:16
2	Vicky	Ashley	EPA	72	23:59
3	Ronelle	Steyn	EPA	74	25:56

WOMEN 75

1	Gill	Tregenna	KZNA	76	23:54
---	------	----------	------	----	-------

WOMEN 23

1	Marné	Mentz	AFS	22	14:20
2	Bathobile	Mkhize	KZNA	21	14:32
3	Mia	Steytler	BOL	21	14:50

JR. WOMEN (6 km)

1	Tyler	Beling	AFS	19	21:33
2	Sisanda	Dumisa	AGN	18	22:01
3	Lethabo	Makgoga	CGA	18	22:12

GIRLS 17

1	Nicole	Louw	AFS	17	13:49
2	Casey	Bosman	CGA	17	13:58
3	Lyndi	Roelofse	CGA	17	14:15

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

New Balance Fifth Avenue Mile (38th)

New York, USA, 9 September

(Distance: 1 mile; re-certified in 2016 point-to-point course, downhill with 8.23 m elevation loss)

PROFESSIONAL MEN

1. Jake Wightman, 25, Team New Balance (GBR) 3:53.5 \$5000
2. Nick Willis, 35, adidas (NZL) 3:54.2 3500
3. Neil Gourley, 23, Unattached (GBR) 3:55.3 PB 2500
4. Eric Avila, 28, adidas 3:55.5 PB 1500
5. Sam McEntee, 26, Unattached (AUS) 3:56.0 PB 1000
6. Chris O'Hare, 27, adidas (GBR) 3:56.2 750
7. Charlie Grice, 24, Nike (GBR) 3:56.6 PB 500
8. Craig Engels, 24, Nike Oregon Project 3:56.8 250
9. Johnny Gregorek, 26, Asics 3:56.9
10. Riley Masters, 28, Nike 3:46.9
11. Ben Blankenship, 29, Nike Oregon TC Elite 3:57.1
12. Ben True, 32, Saucony 3:57.3 PB
13. Sam Prakek, 23, adidas 3:57.6 PB
14. Sam Parsons, 24, adidas 3:57.7 PB \$1000p
15. Andreas Bube, 31, DEN 3:58.8 DB
16. Matthew Centrowitz, 28, Nike Oregon Project 4:00.2

p) Earned prime for leading at halfway AND breaking 4:00.0

PROFESSIONAL WOMEN

1. Jenny Simpson, 32, Team New Balance 4:18.8 \$5000
2. Colleen Quigley, 25, Nike Bowerman Track Club 4:19.2 PB 3500
3. Melissa Courtney, 25, Team New Balance (GBR) 4:20.2 PB 2500
4. Emma Coburn, 27, Team New Balance 4:20.5 PB 1500
5. Alexa Efraimson, 21, Nike 4:20.9 PB 1000
6. Emily Lipari, 25, adidas 4:21.6 PB 750
7. Laura Weightman, 27, Nike (GBR) 4:21.7 500
8. Cory McGee, 26, Team New Balance 4:24.1 PB 250
9. Nicole Sifuentes, 32, Saucony (CAN) 4:24.2
10. Sarah McDonald, 25, Team New Balance (GBR) 4:24.5 PB \$1000p
11. Shannon Osika, 25, Nike 4:25.2
12. Adelle Tracey, 25, Nike 4:25.5 PB
13. Katie Mackey, 30, Brooks Beasts 4:25.6
14. Steph Twell, 29, Team New Balance 4:27.2 PB
15. Kate Grace, 29, Nike Bowerman Track Club 4:28.4
16. Dominique Scott, 26, adidas (RSA) 4:28.7

p) Earned prime for leading at halfway AND breaking 4:32.0

Simplyhealth Great North Run (38th)

Newcastle to South Shields, GBR, 9 September

(Distance: 21.1 km; certified, point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25 minute headstart.)

Note: Mo Farah won here for the fifth consecutive time. Like last year, he beat New Zealand's Jake Robertson, who finished second again. This time Robertson broke 60 minutes, his first sub-one-hour time. --Ed.

MEN (gun times)

1. Mo FARAH, Newham & Essex Beagles AC (NIKE), 59:27
2. Jake ROBERTSON, NZL, 59:58 PB
3. Bashir ABDI, BEL, 1:00:42 PB
4. Scott FAUBLE, USA, 1:02:18 PB
5. Ryan VAIL, USA, 1:02:19 PB

ELITE WOMEN (gun times)

1. Vivian CHERUIYOT, KEN, 1:07:43 PB
2. Brigid KOSGEI, KEN, 1:07:52
3. Joyciline JEPKOSGEI, KEN, 1:08:10
4. Linet MASAI, KEN, 1:08:11 PB
5. Yuka HORI, JPN, 1:11:14
6. Stephanie BRUCE, USA, 1:11:50

Birell Grand Prix (23rd)

(IAAF Gold Label Road Race)

Prague, CZE, 8 September (evening race)

(Distance: 10 km; certified loop course.)

MEN (gun times)

- | | | |
|------------------------------|--------------|------------------------|
| 1. Rhonex KIPRUTO (U20), KEN | 26:46 PB/CR* | € 3000 + 2000* + 5000i |
| 2. Geoffrey KOECH, KEN | 27:18 PB | 1500 + 2500i |
| 3. Mathew KIMELI, KEN | 27:26 | 1000 + 2000i |
| 4. Abraham KIPYATICH, KEN | 27:38 PB | 600 + 2000i |
| 5. Benard Kibet LAGAT, KEN | 27:40 PB | 400 + 2000i |
| 6. Peter KWEMOI, KEN | 27:44 PB | 300 + 2000i |
| 7. Hicham AMGHAR, MAR | 27:46 PB | 200 + 2000i |
| 8. Benard KIMELI, KEN | 27:50 | 100 |
| 9. Berta BELIHU, ETH | 27:54 PB | |
| 10. Vedic KIPKOECH, KEN | 27:57 PB | |

*) Course record bonus

i) Earned time bonus

WOMEN (gun times)

- | | | |
|------------------------------------|----------|----------------|
| 1. Caroline KIPKIRUI, KEN | 30:19 PB | € 3000 + 5000i |
| 2. Fancy CHEMUTAI, KEN | 30:22 | 1500 + 2500i |
| 3. Diana Chemtai KIPYOKEI, KEN | 30:23 PB | 1000 + 2000i |
| 4. Dorcas Jepchirchir TUITOEK, KEN | 31:17 | 600 |
| 5. Perine NENKAMPI, KEN | 31:25 PB | 400 |
| 6. Rosemary WANJIRU, KEN | 31:34 PB | 300 |
| 7. Loice CHEMNUNG, KEN | 31:50 PB | 200 |
| 8. Sarah VAN DER WIELEN, SWE | 32:23 | 100 |
| 9. Yuka TAKASHIMA, JPN | 32:26 | |
| 10. Emelia GORECKA, GBR | 33:41 | |

i) Earned time bonus

Faxon Law New Haven Road Race (41st)

(USA Men's and Women's 20 km Championships)

New Haven, USA, 3 September

(Distance: 20 km; certified loop course with negligible start/finish separation and no elevation change)

MEN (gun times)

1. Leonard Korir, 31, Colorado Springs, CO	1:00:17	\$9000
[30:18 / 29:59]		
2. Haron Lagat, 35, Colorado Springs, CO	1:00:29	4000
3. Kiya Dandena, 29, Flagstaff, AZ	1:00:34	2000
4. Ahmed Osman, 30, Flagstaff, AZ	1:01:43	1200
5. Elkanah Kibet, 35, Fountain, CO	1:01:44	1000

WOMEN (gun times)

1. Sara Hall, 35, Flagstaff, AZ	1:09:04	\$9000
[34:38 / 34:26]		
2. Allie Kieffer, 30, Boulder, CO	1:09:20	4000
3. Emma Bates, 26, Boise, ID	1:09:42	2000
4. Katie Matthews, 27, Belmont, MA	1:11:55	1200
5. Janet Bawcom, 40, Flagstaff, AZ	1:12:21	1000

CZ Ten Miles of Tilburg (31st) & Rabobank Tilburg Ladies Run 10 km (26th)

Tilburg, NED, 2 September

(Distances: 10 miles [men & women]; flat one-loop course with negligible start/finish separation. 10 km [all-women's race]; flat one-loop course with negligible start/finish separation)

10 miles (gun times with 5 km / 10 km and 15 km splits)

MEN

1. Rodgers Kwemoi, KEN	45:23 WL
[13:51 / 27:52 / 42:15]	
2. Noah Kipkemboi, KEN	45:47 PB
[13:51 / 27:51 / 42:37]	
3. Galen Rupp, USA	46:24 PB
[14:02 / 28:34 / 43:15]	
4. Berhane Tesfay, ETH	46:42 PB
5. Abel Chebet, UGA	46:43 PB

WOMEN

1. Nienke van Zoggel, NED	1:05:08
---------------------------	---------

10 km

WOMEN (gun times with 5 km splits)

1. Agnes Tirop, KEN	30:50 PB
[15:29]	
2. Tsehay Gemechu, ETH	31:07 PB
[15:30]	
3. Stella Chesang, UGA	31:44 PB
[15:33]	
4. Eva Cherono, KEN	32:04 PB
5. Alice Aprot, KEN	32:42 SB

Philips Pila International Half Marathon (28th)

(Polish Half-marathon Championships)

Pila, POL, 2 September

(Distance: 21.1 km)

MEN (gun times)

1. Silas MWETICH, 1997, KEN, 1:03:45
2. Hillary Kiptum KIMAIYO, 1992, KEN, 1:03:51
3. Szymon KULKA, 1993, POL, 1:05:13 (1st NC)

WOMEN (gun times) -

1. Agnes CHEBET, 1992, KEN, 1:14:00
2. Christine OIGO, 1986, KEN, 1:14:24
3. Paulina KACZYNSKA, 1991, POL, 1:14:28 (1st NC)

Semi-Marathon de Lille Métropole (32nd)

Lille, FRA, 1 September

(Distance: 21.1 km)

MEN (gun times with 10 km and 20 km splits)

1. Victor Chumo, KEN, 31 1:00:03 PB
[29:33 / 57:14]
2. Hiskel Tewelde, ERI, 32 1:00:04 PB
[29:34 / 57:15]
3. Wilfried Kimitei, KEN, 33 1:00:06
[29:34 / 57:15]
4. Cosmas Birech, KEN, 32 1:00:06 PB
5. Eric Kimaru Tirop, KEN, 31 1:00:20 PB
6. Patrick Siele, KEN, 22 1:00:43 PB
7. Mohamed El Aaraby, MAR, 29 1:01:02
8. Ambros Bore, KEN, 23 1:01:05
9. Evans Mayaka, KEN, 19 1:01:11 PB
10. Yisma Dagnachew, ETH, 23 1:02:50 PB

WOMEN (gun times with 10 km and 20 km splits)

1. Antonina Kwambai, KEN, 26 1:09:44
[34:03 / 1:06:21]
2. Iness Chenonge, KEN, 36 1:14:53
3. Valérie Lenoir, FRA, 29 1:22:05

TRACK**IAAF Continental Cup (3rd)**

Ostrava (Mestský Stadion), CZE, 8-9 September

MEN

800 (08):

- | | | |
|--|----------------|----------|
| 1. Emmanuel KORIR, AFR (KEN), 15.06.95 | 1:46.50 | 8 points |
| 2. Clayton MURPHY, AME (USA), 26.02.95 | 1:46.77 (.766) | 7 |
| 3. Nijel AMOS, AFR (BOT), 15.03.94 | 1:46.77 (.769) | 6 |
| 4. Andreas KRAMER, EUR (SWE), 13.04.97 | 1:47.03 | 5 |
| 5. Michal ROZMYS, EUR (POL), 13.03.95 | 1:47.05 | 4 |
| 6. Jamal HAIRANE, APA (QAT), 26.05.93 | 1:47.93 | 3 |
| 7. Jinson JOHNSON, APA (IND), 15.03.91 | 1:48.44 | 2 |

8. Wesley VAZQUEZ, AME (PUR), 27.03.94 1:49.60 1

1500 (09):

1. Elijah MANANGOI, AFR (KEN), 05.01.93	3:40.00	8 points
2. Marcin LEWANDOWSKI, EUR (POL), 13.06.87	3:40.42	7
3. Jakob INGEBRIGTSEN, EUR (NOR), 19.09.00	3:40.80	6
4. Charles PHILIBERT-THIBOUTOT, AME (CAN), 31.12.90	3:40.90	5
5. Ryan GREGSON, APA (AUS), 26.04.90	3:40.91	4
6. Jinson JOHNSON, APA (IND), 15.03.91	3:41.72	3
7. Drew HUNTER, AME (USA), 05.09.97	3:43.95 (.946)	2
8. Ronald MUSAGALA, AFR (UGA), 16.12.92	3:43.95 (.950)	1

3000 (09):

1. Paul CHELIMO, AME (USA), 27.10.90	7:57.13	8 points
2. Mohammed AHMED, AME (CAN), 05.01.91	7:57.99	7
3. Henrik INGEBRIGTSEN, EUR (NOR), 24.02.91	7:58.85	6
4. Stewart MCSWEYN, APA (AUS), 01.06.95	8:02.01	5
5. Edward Zakayo PINGUA, AFR (KEN), 25.11.01	DNF ELI4	4
6. Marc SCOTT, EUR (GBR), 21.12.93	DNF ELI3	3
7. Getaneh MOLLA, AFR (ETH), 10.01.94	DNF ELI2	2
8. Birhanu BALEW, APA (BRN), 27.02.96	DNF ELI1	1

3000 s/chase (08):

1. Conseslus KIPRUTO, AFR (KEN), 08.12.94	8:22.55	8 points
2. Matt HUGHES, AME (CAN), 03.08.89	8:29.70	7
3. Yohanes CHIAPPINELLI, EUR (ITA), 18.08.97	8:32.89	6
4. Fernando CARRO, EUR (ESP), 01.04.92	8:33.76	5
5. Kosei YAMAGUCHI, APA (JPN), 19.08.91	DNF ELI2	4
6. John KOECH, APA (BRN), 23.08.95	DNF ELI4	3
Soufiane ELBAKKALI, AFR (MAR), 07.01.96	DNF	
Evan JAGER, AME (USA), 08.03.89	DNS	

WOMEN

800 (09):

1. Caster SEMENYA, AFR (RSA), 07.01.91	1:54.77	8 points
2. Ajee' WILSON, AME (USA), 08.05.94	1:57.16	7
3. Natoya GOULE, AME (JAM), 30.03.91	1:57.36	6
4. Nataliia PRYSHCHEPA, EUR (UKR), 11.09.94	1:59.58 SB	5
5. Angela PETTY, APA (NZL), 16.08.91	2:01.26	4
6. Anna SABAT, EUR (POL), 09.11.93	2:04.43	3
7. Besu SADO, AFR (ETH), 12.01.96	2:08.59 SB	2
8. Brittany MCGOWAN, APA (AUS), 24.04.91	2:10.63	1

1500 (08):

1. Winny CHEBET, AFR (KEN), 20.12.90	4:16.01	8 points
2. Shelby HOULIHAN, AME (USA), 08.02.93	4:16.36	7
3. Rababe ARAFI, AFR (MAR), 12.01.91	4:17.19	6
4. P. Unnikrishnan CHITRA, APA (IND), 09.06.95	4:18.45	5
5. Linden HALL, APA (AUS), 20.06.91	4:18.82	4
6. Simona VRZALOVÁ, EUR (CZE), 07.04.88	4:19.46	3
7. Sofia ENNAOUI, EUR (POL), 30.08.95	4:22.56	2
8. Angelin FIGUEROA, AME (PUR), 14.07.94	4:33.88	1

3000 (08):

1. Sifan HASSAN, EUR (NED), 01.01.93	8:27.50 CR NR	8 points
2. Senbere TEFERI, AFR (ETH), 03.05.95	8:32.49 PB	7
3. Hellen OBIRI, AFR (KEN), 13.12.89	8:36.20 SB	6

4. Konstanze KLOSTERHALFEN, EUR (GER), 18.02.97	8:38.04 SB	5
5. Genevieve LACAZE, APA (AUS), 04.08.89	DNF ELI4	4
6. Nozomi TANAKA, APA (JPN), 04.09.99	DNF ELI3	3
7. Lauren PAQUETTE, AME (USA), 27.06.86	DNF ELI2	2
8. Muriel CONEO, AME (COL), 15.03.87	DNF ELI1	1

3000 s/chase (09):

1. Beatrice CHEPKOECH, AFR (KEN), 06.07.91	9:07.92 CR	8 points
2. Courtney FRERICHs, AME (USA), 18.01.93	9:15.22	7
3. Winfred Mutile YAVI, APA (BRN), 31.12.99	9:17.86	6
4. Anna Emilie MØLLER, EUR (DEN), 28.07.97	9:42.57	5
5. Aisha RAUGHT, AME (JAM), 14.12.89	DNF ELI4	4
6. Ophélie CLAUDE-BOXBERGER, EUR (FRA), 18.10.88	DNF ELI3	3
7. Sudha SINGH, APA (IND), 25.06.86	DNF ELI1	2
Weynshet ANSA, AFR (ETH), 09.04.96	DQ 125.5	

Hanzekovic Memorial (68th)

(IAAF World Challenge)

Zagreb, CRO, 4 September

MEN

800:

1. Nijel Amos, BOT	1:44.08
2. Marcin Lewandowski, POL	1:44.43
3. Jonathan Kitilit, KEN	1:44.50

1500:

1. Elijah Manangoi, KEN	3:32.52
2. Yomif Kejelcha, ETH	3:32.59 PB
3. Ayanleh Souleiman, DJI	3:33.93
4. Abdelaati Iguider, MAR	3:34.21
5. Bethwell Birgen, KEN	3:34.57
6. Filip Ingebrigtsen, NOR	3:35.66
7. Brahim Kaazouzi, MAR	3:35.72
8. Nick Willis, NZL	3:36.10
9. Henrik Ingebrigtsen, NOR	3:36.46

WOMEN

3000:

1. Lilian Rengeruk, KEN	8:33.37
2. Norah Jeruto, KEN	8:33.61 PB
3. Gudaf Tsegay, ETH	8:33.78 PB
4. Kalkidan Gezahegne, BRN	8:34.65 PB
5. Susan Krumins, NED	8:37.21
6. Alemaz Samuel, ETH	8:37.68 PB
7. Axumawit Embaye, ETH	8:43.83 PB
8. Loice Chemnung, KEN	8:45.28
9. Glorinah Kite, KEN	8:46.52
10. Eilish McColgan, GBR	8:47.36

ISTAF (77th)
 (IAAF World Challenge Series)
 Berlin, GER, 2 September

MEN

1500:

- | | |
|---|------------|
| 1. Timothy Cheruiyot, KEN, 20.11.95 | 3:32.37 |
| 2. Ferguson Cheruiyot Rotich, KEN, 30.11.89 | 3:33.21 PB |
| 3. Ismael Debjani, BEL, 25.09.90 | 3:34.40 SB |
| 4. Bethwell Birgen, KEN, 06.12.88 | 3:34.60 |
| 5. Ryan Gregson, AUS, 26.04.90 | 3:34.89 |
| 6. Abdelaati Iguider, MAR, 25.03.87 | 3:35.12 |
| 7. Nick Willis, NZL, 25.04.83 | 3:35.25 SB |
| 8. Cornelius Tuwei, KEN, 24.05.93 | 3:35.72 PB |

WOMEN

1000:

- | | |
|--|------------------|
| 1. Caster Semenya, RSA , 07.01.91 | 2:30.70 WL NR PB |
| 2. Halima Nakaayi, UGA, 14.10.94 | 2:34.88 NR PB |
| 3. Nelly Jepkosgei, KEN, 14.07.91 | 2:35.30 NR PB |
| 4. Jemma Reekie, GBR, 06.03.98 | 2:37.25 |
| 5. Olha Lyakhova, UKR, 18.03.92 | 2:37.46 PB |
| 6. Laura Weightman, GBR, 01.07.91 | 2:37.56 PB |
| 7. Noélie Yarigo, BEN, 26.12.85 | 2:38.61 NR PB |
| 8. Stephanie Brown, USA, 04.03.91 | 2:38.70 |
| 9. Christina Hering, GER, 09.10.94 | 2:44.60 |
| 10. Charlene Lipsey, USA, 16.07.91 | 2:45.39 |

Intermediate times: 400: 59.51 Caster Semenya (**RSA**)
 800: 2:01.07 Caster Semenya (**RSA**)

Mile:

- | | |
|---|------------------|
| 1. Marta Pen Freitas, POR, 31.07.93 | 4:22.45 MR NR PB |
| 2. Kate Grace, USA, 24.10.88 | 4:23.23 |
| 3. Konstanze Klosterhalfen, GER, 18.02.97 | 4:24.27 |
| 4. Alexa Efraimson, USA, 20.02.97 | 4:24.82 PB |
| 5. Eilish McColgan, GBR, 25.11.90 | 4:25.07 |
| 6. Stephanie Twell, GBR, 17.12.89 | 4:26.05 |
| 7. Ciara Mageean, IRL, 12.03.92 | 4:26.75 |
| 8. Renata Plis, POL, 05.02.85 | 4:28.36 SB |

3000 s/chase:

- | | |
|------------------------------------|--------------------------------|
| 1. Colleen Quigley, USA, 20.11.92 | 9:10.27 PB |
| 2. Daisy Jepkemei, KEN, 13.02.96 | 9:14.66 |
| 3. Genevieve Lacaze, AUS, 04.12.89 | 9:23.69 SB |
| 4. Maruša Mišmaš, SLO, 24.10.94 | 9:28.61 NR PB |
| 5. Fancy Cherono, KEN, 02.12.01 | 9:32.85 PB (was the pacemaker) |

MOUNTAIN/TRAIL/ULTRA RUNNING

IAU 100 km World Championships

Sveti Martin na Muri, CRO, 8 September

MEN

Teams: 1. JPN; 2. **RSA**; 3. GER; 4. USA; 5. ESP.

1. Hideaki Yamauchi, JPN	6:28:05	Gold
2. Takehiko Gyoba, JPN	6:32:51	Silver
3. Bongmusa Mthembu, RSA , M35	6:33:47	Bronze
4. Koji Hayasaka, JPN	6:36:05	
5. Geoff Burns, USA	6:42:30	
6. Nao Kazami, JPN, M35	6:42:30	
7. Giorgio Calcaterra, ITA	6:42:35	
8. Anthony Clark, GBR, M40	6:43:22	
9. Fritjof Fagerlund, SWE	6:44:53	
10. Elov Olsson, SWE	6:46:03	
... 14. Thusio Mosiea, RSA , M40	6:59:00	
... 16. Best Ngwenya, RSA , M40	7:01:02	

WOMEN

Teams: 1. JPN; 2. **RSA**; 3. CRO; 4. USA; 5. POL.

1. Nikolina Šustić, CRO	7:20:34	Gold
2. Nele Alder-Baerens, GER, W40	7:22:41	Silver
3. Mai Fujisawa, JPN, W40	7:39:07	Bronze
4. Mikiko Ota, JPN, W40	7:39:45	
5. Aiko Kanematsu, JPN, W35	7:44:58	
6. Yuko Kusunose, JPN, W35	7:49:33	
7. Salome Cooper, RSA , W40	7:51:13	
8. Noora Honkala, FIN	7:52:04	
9. Kajsa Berg, SWE	7:52:39	
10. Leonie Ton, NED, W40	7:54:55	
... 14. Fikile Mbuthuma, RSA , W35	7:59:17	
... 19. Lisa Collett, RSA , W40	8:06:14	

STATS TIME

This week we include a list of the top ten SA junior 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.

2018 10 KM: TOP 10 JUNIOR MEN

31:13	Carlo Flink	1	Athlone	10 Feb
31:15	Wiseman Mthembu	1	Durban	01 Jul
31:24	Oliver Stewart	1	Boston	24 Jun
31:40	Thembeke Mendu	1	Cape Town	22 Apr
32:25	Roneldo January	1	Tokai	03 Feb
32:30	Lithobe Menzeleleli	1	Port Elizabeth	07 Apr
32:35	Kutlwisiso Sidinile	1	Johannesburg	20 May
32:39	Kwena Matlala	2	Port Elizabeth	07 Apr
32:50	Itumeleng Sesiko	1	Johannesburg	08 Jul
32:51	Kananelo Thulo	1	Paarl	10 Feb

THIS MONTH IN HISTORY

41 years ago (exactly): 10 September 1977

From its beginning in 1965 the Stellenbosch Marathon saw some of South Africa's best athletes winning the title, among them De Villiers Lamprecht (twice), Willie Olivier and Dave Levick. On this day Brian Chamberlain joined this group when he improved his personal best by more than 3 minutes to win in 2:18:30 -- a record for the 6-lap course through the streets of the university town. He beat Andries Krogmann, who just a week earlier had won the SA Interprovincial cross-country title and was running his debut marathon, by 3 min 15 sec. Among the well-known names who finished behind these two were Don Hartley, John Korasie, Bruce Matthews, Lood Rabie, Stephen Donald, John Brimble, Leo Benning and Tim Noakes (while DRR's Editor ran his first sub-3 hour marathon). A mere two weeks later Chamberlain won the SA Marathon, and in 1978 he retained his Stellenbosch title.

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	6:33:47	Bongmusa Mthembu	Sveti Martin	08 Sep
	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	66:57	Simon Mpholo	Port Elizabeth	28 Jul
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:40:20	Mthandazo Qhina	Simon's Town	19 Aug

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	72:30	Desmond Zibi	Port Elizabeth	28 Jul
	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	38:05	Mochamat Kriel	Kenilworth	09 Sep
	32:48	Martin Rees (GBR) 2013		
15 km	57:24	Mochamat Kriel	Eersterivier	07 Jul
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	79:02	Sello Maphangulo	Port Elizabeth	28 Jul
	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	2:10:49	Mochamat Kriel	Simon's Town	19 Aug
	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		

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	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

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	7:51:13	Salome Cooper (vet)	Sveti Martin	08 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:15	Tanith Maxwell	Cape Town	07 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:15	Tanith Maxwell	Wellington	01 May
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	96:16	Charné Bosman	Pretoria	12 May
	85:15	Colleen de Reuck (USA) 2005		
30 km	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:51:13	Salome Cooper	Sveti Martin	08 Sep
	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

21.1 km	52:38	Monica Joyce (USA) 2009		
	91:08	Mariëtte Strauss	Port Elizabeth	28 Jul
	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		

Grandmasters (60+)

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	92:16	Annatjie Botes	Port Elizabeth	28 Jul
	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		

Great grandmasters (70+)

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	3:19:19	Pixie Sparg	Simon's Town	19 Aug
	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		

Juniors

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		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Jakes Jacobs, Derrick Chamberlain, Irene & Jan van Eeden, Karen Zimmerman, Nick Bester

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



FNB
First National Bank

RUN YOUR CITY SERIES

