

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

One can think what you will of the artificial event in Monza last year when Eliud Kipchoge ran 2:00:25, but his 2:01:39 in Berlin yesterday has no "yes, but ..." attached to it. It surely ranks, with Paula Radcliffe's 2:15:25 in 2003, as the greatest road running performance in history. The Kenyan superstar broke the world record of Dennis Kimetto by 78 seconds, the largest improvement on the previous mark since Derek Clayton smashed Morio Shigematsu's record by 2:23 in the 1967 Fukuoka Marathon when he ran 2:12:00.

The new record came despite the fact that the meticulously planned pacemaking went awry when two of his three pacesetters dropped out as early as 15 km. The last pacer, Josphat Boit, lasted until 25 km and from there Kipchoge had to do it on his own. But he never faltered.

Kipchoge, the Olympic champion, has now won ten of his eleven marathons (not counting Monza). His last loss came at the hands of Wilson Kipsang in Berlin in 2013, when the latter ran his world record 2:03:23. Kipchoge's average of his five fastest marathons, 2:03:16, is now also better than Kipsang's 2:03:45, which was the world's best before Sunday. Kipchoge's remarkable performance also took the top-10 average for the BMW Berlin Mareathon down to 2:03:14, nearly a minute faster than Dubai's 2:04:13.

Kipchoge's 14:18 between 15 km and 20 km is the fastest ever for this section of a race; his 1:12:24 at 25 km is the fastest ever; his 1:26:45 at 30 km is better than the world record for this distance (although it is no longer an official world record distance); and his 60:33 for the second half is the best ever (his PB is 59:25). His 5 km splits are included with the results below.

Amos Kipruto finished second in 2:06:23, almost five minutes behind, and Kipsang third in 2:06:48. In the women's race Tirunesh Dibaba had to give way to defending champion Gladys Cherono (2:18:11) and Ruti Aga (2:18:34), finishing third in 2:18:55. But Dibaba now has three sub-2:19 marathons, second only to Radcliffe's four. (Mary Keitany has two and no other athlete more than one.) It was the first time in history that three women had gone under 2:19:00 in the same race and all three broke the course record.

In Copenhagen Dutch track star Sifan Hassan set a new European half-marathon record of 1:05:15. The men's race was won by Daniel Kipchumba (KEN) in 59:06.

As one could expect, Sonja Laxton got her first SA age-group record about a month after turning 70 when she ran 53:54 in the Brooklyn Mall Andrew Greyling 10 km in Pretoria this

weekend. She broke the 54:17 by Deirdre Larkin (86), who in turn set a new world single-age record of 1:08:48 -- nine days before turning 87. Larkin smashed the old record of 1:14:13, set last year by Canada's Lenore Montgomery. Two magnificent performances by two outstanding female runners.

In the results of the SA Cross-country Championships in last week's DRR Kabelo Melamu was shown as 15th in the 10 km with a time of 12:11. He should have been in the 4 km list; he placed eighth in this race. The 10 km list also had Patrick Mfene 48th in 12:39; he should also have been in the shorter race.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Mineshaft 15 km, Queensburgh
- * MSA Multisport Triple F 10 km (2nd), Wynberg, Cape Town
- * Friendly City Marathon, Half Marathon & 10 km, Port Elizabeth
- * Brooklyn Mall Andrew Greyling Memorial Half Marathon & 10 km, Pretoria
- * Alan Paton Steam Train Race, Ixopo
- * UWC Street Mile, Bellville
- * Lester Mills Memorial 10 km, Pretoria
- * Mdantsane Kasi 10 km, Mdantsane
- * XC: USSA Championships, East London

International highlights:

- * BMW Berlin Marathon, Berlin, GER
 - * Copenhagen Half Marathon, Copenhagen, DEN
 - * Rock 'n' Roll Philadelphia Half Marathon, Philadelphia, USA
 - * Mattoni Ústí nad Labem Half Marathon, Usti nad Labem, CZE
 - * Minsk Half Marathon, Minsk, BLR
 - * Barmer Alsterlauf Hamburg, Hamburg, GER
 - * Park to Park Half Marathon, Waterloo, USA
 - * Hoka One One Long Island Mile, Bay Shore, USA
 - * Russian Half-marathon Championships, Yaroslavl, RUS
 - * Jungfrau Marathon, Interlaken, SUI
 - * WMRA World Mountain Running Championships, Canillo, AND
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ROAD RUNNING

Mineshaft 15 km (38th)

Queensburgh, 16 September

(Loop course. Finishers: 725 [huge increase from 435 last year].)

MEN

1.	Mahanga Mbuleli	Inanda Qadi	47:17
2.	Samuel Pazanga	ZIM/Maxed Elite	49:31
3.	Wiseman Mthembu	Amabutho AC	49:45

40-49:

1.	Simphiwe Zulu	Hollywood Bets	53:53
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50-59:

1.	Willie Majombozi	Boxer AC	66:13
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60-69:

1.	Aubrey Roberts	Westville AC	66:42
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70+:

1.	Raymond Meyer	Savages AC	93:16
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Juniors:

1.	Wiseman Mthembu	Amabutho AC	49:45
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WOMEN

1.	Melody Olivier	PDAC	69:43
2.	Nonsikelelo Mbambo	N/Carbineers	72:15
3.	Lesley Mayer	Chiltern AC	76:08

40-49:

1.	Melody Olivier	PDAC	69:43
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50-59:

1.	Roshini Natasen	Highway AC	79:47
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60-69:

1.	Sheree Kirsten	Westville AC	88:00
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70+:

1.	Gill Tregenna	Westville AC	93:57
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Juniors:

1.	Marizelle J. van Rensbur	Toti AC	105:14
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MSA Multisport Triple F 10 km (2nd)

Wynberg, Cape Town, 16 September

(Certified out-and-back course with loop at far end. Finishers: 1648 [up from 1546 last year].)

Note: This race was well short of 10 km. According to reports, the men ran around 9.6 km and the women around 9.8 km. -- Ed.

MEN

1.	Duane Fortuin (Kuils)	28:31 (R1000)
2.	Siviwe Nkombi (Itheke)	28:45 (R800)
3.	Akhona Makila (VOB)	29:00 (R500)

(All age category prize money was the same: R500, R400, R300.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 30:31; 2. Vakalisa Kopolo (Ned) 30:40; 3. Vuyani Sixaso (Gugs) 32:46. **Masters:** 1. John September (Itheke) 35:21; 2. Monde Tutani (Langa) 36:56; 3. Peter Wrensch (Carb) 38:38. **G'masters:** 1. Mochamat Kriel (Ommie) 36:33; 2. Johannes Jacobs (Celtic) 40:53; 3. Albert Williams (Top) 44:09. **G/g'masters:** 1. Blake Wilkens (AAC) 46:30; 2. Jeff Smith (Itheke) 50:51; 3. Dave Kennett (VOB) 52:31. **Juniors:** 1. Thembeke Mendu (Gugs) 30:11; 2. Edward Jack (Central) 32:31; 3. Gershon Aziza (SH) 32:40.

WOMEN (Same prize money as men)

1.	Tanith Maxwell (Boxer)	35:34 (1st vet)
2.	Natalie Beckenstrater (WC)	37:11
3.	Nolubabalo Queen (VOB)	38:03

Veterans: 1. Tanith Maxwell (Boxer) 35:34; 2. Melody Marcus-Cupido (IT) 39:27; 3. Chantel Simpson (Ned) 39:36. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 38:57; 2. Mariëtte Strauss (Tyger) 42:01; 3. Bridgid Hamilton-Russell (Harf) 44:58. **G'masters:** 1. Bev Charters (VOB) 44:09; 2. Charmaine Cupido (Ned) 47:29; 3. Christine Hibberd (FH) 47:58. **G/g'masters:** 1. Mariëtha Herbert (Bell) 52:37; 2. Pixie Sparg (Celtic) 54:17; 3. Wendy Wilkens (AAC) 59:33. **Juniors:** 1. Laila Abuzaid (Good) 40:18; 2. Asenathi Tyona (VOB) 43:51; 3. Razaan Kamaldien (Carb) 44:29.

Friendly City Marathon (39th), Half Marathon (1st) & 10 km

Port Elizabeth, 15 September

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 153 men + 55 women = 208 total [considerably down from 360 last year]; half marathon -- 366 [no race last year]; 10 km – 323 [considerably down from 480]).

Note: An excellent performance here by grandmaster Margie Saunders, who finished second overall in the half marathon. -- Ed.

Marathon

MEN

1	Gift	Chigomarawa	ZIM/Nedbank RC	30	2:35:16
2	André	Ketchem	Xcel AC	34	2:37:01
3	Charles	Segalo	Charlo AC	31	2:47:01

Veterans:

1	Luvuyo	Stephen	Nedbank RC	48	3:10:33
2	Sandiso	Ngxishe	NMB Mun	48	3:14:22
3	Thembekile	Msipa	Charlo AC	44	3:17:40

Masters:

1	Welcome	Loliwe	Nedbank RC	53	3:13:10
2	Colben	Ngcupe	Charlo AC	55	3:21:11
3	Bisho	Nombewu	Nedbank RC	52	3:22:14

G'masters:

1	Albert	Ngcanga	Xcel AC	68	3:44:50
2	Nelson	Mgubasi	Nedbank RC	60	3:48:27
3	Chester	Brooks	Xcel AC	60	4:00:35

G/g'masters:

1	Kobus	Gerber	PEAAC	74	4:42:40
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WOMEN

1	Kelly	Van Vliet	Up And Running	30	3:18:02
2	Nokholo	Hlezupondo	SANDF AC EP	39	3:36:29
3	Julie	Andrew	Charlo AC	31	3:45:26

Veterans:

1	Wendy	Van der Merwe	Nedbank RC	43	4:18:23
2	Cathy	Curtain	Muirite Strider	47	4:31:47
3	Lesley Ann	Bush	Despatch AC	46	4:38:49

Masters:

1	Trish	Schuin	Somerset East	52	3:57:03
2	Agnes	Nieburg	Profiles AC	52	3:59:27
3	Phunyezwa	Ndevu	SABC Running Club	52	4:48:16

G'masters:

1	Christine	Snyman	Despatch AC	62	4:53:48
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Half marathon

MEN

1	Sibusiso	Thu	SAPS AC EP	30	1:15:39
2	George	Ntshiliza	Nedbank RC	38	1:19:51
3	Anele	Maliza	Nedbank RC	40	1:19:55

Veterans:

1	Anele	Maliza	Nedbank RC	40	1:19:55
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Masters:

1	Mutekile	Rasmeni	Nedbank RC	53	1:26:57
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G'masters:

1	Bennie	Thysse	St Albans AC	61	1:52:26
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G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	76	2:03:37
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WOMEN

1	Kerrin	Watson-Smith	Up And Running	36	1:35:45
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2	Margie	Saunders (1st g'mast)	Nedbank RC	64	1:39:16
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3	Davera	Magson (1st vet)	Nedbank RC	43	1:40:37
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Veterans:

1	Davera	Magson	Nedbank RC	43	1:40:37
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G'masters:

1	Margie	Saunders	Nedbank RC	64	1:39:16
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G/g'masters:

1	Ronelle	Steyn	Nedbank RC	74	2:19:31
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10 km

MEN

1	Adriaan	Gerwel	Ikhamva AC	22	32:40
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2	Xolisa	Ndlumbini	Vukani MS Club	36	33:27
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3	Brendon	Effenaar	Nedbank RC	22	34:28
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Veterans:

1	Melikhaya	Kepe	Nedbank RC	42	36:08
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Masters:

1	Linton	Harmse	Madibaz AC	55	45:31
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G'masters:

1	Hannes	Els	Madiba BW	68	45:50
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G/g'masters:

1	Allan	Verreynne	Crusaders AC	71	59:17
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WOMEN

1	Adri	Wessels	St Albans AC	42	42:02
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2	Kayla	Nell	St Albans AC	24	43:53
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3	Olwethu	Bomvana	Motherwell AC	32	48:45
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Veterans:

1	Adri	Wessels	St Albans AC	42	42:02
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Masters:

1	Aletta	Joubert	Crusaders AC	56	57:14
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G'masters:

1	Hanlie	Van der Westhuizen	Despatch AC	62	49:28
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G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	58:16
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Brooklyn Mall Andrew Greyling Memorial Half Marathon & 10 km

Pretoria, 15 September

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 1240 [up from 1000 last year]; 10 km -- 1260 [up from 1100].)

Half marathon

MEN

1 Charles Soza (ZIM/Phobians) 72:02; 2 Siyabonga Dingile (Nedbank) 74:05; 3 Reginald Poopedi (ACRW) 75:07.

Veterans: 1 Frank Ramapuputla (Beefcor) 78:21. **Masters:** 1 Paul Mabena (Ford) 91:32. **G'masters:** 1 Marius Carstens (Vitality) 93:26. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 1:49:06. **80+:** 1 Andries van Rooyen (VTM) 2:54:40.

WOMEN

1 Charné Bosman (Nedbank) 85:43 (1st vet); 2 Katy van Meter (Massmart) 89:10; 3 Nicolene de Jong (Greenstone) 99:00.

Veterans: 1 Charné Bosman (Nedbank) 85:43. **Masters:** 1 Tracey de Waal (Affies) 1:44:30. **G'masters:** 1 Marie Venter (Phobians) 1:55:30. **G/g'masters:** 1 Gina Hughes (Agape) 2:31:59.

10 km

MEN

1 Thabang Mafa (Tembisa) 32:07; 2 Collin Parura (ZIM/Nedbank) 32:27; 3 Vuyisile Tshoba (KPMG) 33:57.

Veterans: 1 Moses Njuguna (KEN/Nedbank) 34:02. **Masters:** 1 Jerry Xaba (SCAW) 42:59. **G'masters:** 1 Andre Bredenkamp (BNAC) 41:45. **G/g'masters:** 1 Danie Roux (Kempton) 71:01. **80+:** 1 Ken Nurden (Agape) 61:15. **Juniors:** 1 Arno van Schalkwyk (Chappies) 47:34.

WOMEN

1 Portia Ngwenya (Nedbank) 38:02; 2 Andrea Steyn (KPMG) 38:12; 3 Georgia Janisch (Magnolia) 41:47.

Veterans: 1 Lisa Schubert (Love Running) 55:33. **Masters:** 1 Beth Mandel (Pirates) 45:54. **G'masters:** 1 Joey Cloete (Irene) 52:47. **G/g'masters:** 1 Sonja Laxton (RAC) 53:54. **80+:** 1 Deirdre Larkin (Randburg) 68:48.

Alan Paton Steam Train Race

Ixopo, 15 September

(Distance: 10 km; point-to-point course. Finishers: 99.)

MEN

1.	Nkosikona Mhlakwana	Boxer AC	32:17
2.	Maradonna Ngcobo	Hollywood AC	32:28
3.	Nkululeko Ngubane	Ixopo AC	33:28

40-49:

1.	Simphiwe Zulu	Hollywood Bets	34:11
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50-59:

1.	Michael Ndlovu	Zakhele AC	38:34
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60-69

1.	Reuben Gema	Ixopo AC	51:47
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70+:

1.	Zithulele Zulu	Amaqhawe AC	60:05
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Juniors:

1.	Mphilli Mtolo	Ixopop AC	38:18
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WOMEN

1.	Jenet Mbhele	Umzimkulu AC	36:50
2.	Makhosi Mhlongo	Boxer AC	38:36
3.	Malineo Makatishi	LES/Nedbank AC	39:06

40-49:

1. Cecelia Molefe Chiltern AC 44:08

50-59:

1. Mary Mwelase Nedbank AC 49:09

60-69:

1. Pat Fischer Stella AC 57:15

Juniors:

1. Smangalisa Madlala Umzimkulu AC 42:41

UWC Street Mile

Bellville, 15 September
(Distance: 1 mile)

MEN

1. Anthony Timoteus (UWC) 4:29
2. Jason Koopman (Eagles) 4:37
3. Akhona Makila (VOB) 4:38

WOMEN

1. Sunet Jacobs (Stell) 5:25
2. Zani Kruger (Maties) 5:32
3. Kobie Griffiths (Ned) 5:33

Lester Mills Memorial 10 km

Pretoria, 12 September
(Finishers: 375)

MEN

1 Collen Mulaudzi (Boxer) 33:06; 2 Reghen Magwai (Born 2 Run) 33:07; 3 Moses Njuguna (KEN/Nedbank) 33:09 (1st vet).

Veterans: 1 Moses Njuguna (KEN/Nedbank) 33:09. **Masters:** 1 Gerhard Calitz (Vitality) 42:27. **G'masters:** 1 Abdul Mohammed (Magnolia) 57:56. **G/g'masters:** 1 Pele Tshidukudamalema (Nedbank) 47:12.

WOMEN

1 Glenrose Xaba (Boxer) 36:50; 2 Portia Ngwenya (Nedbank) 38:07; 3 Charné Bosman (Nedbank) 38:27 (1st vet).

Veterans: 1 Charné Bosman (Nedbank) 38:27. **Masters:** 1 Ansie Breytenbach (Irene) 47:21. **G'masters:** 1 Ilze Crous (Affies) 49:57. **G/g'masters:** 1 Marie van Dyk (Irene) 83:58. **Juniors:** 1 Daniella Arrico (Temp) 43:49.

Mdantsane Kasi 10 km (12th)

Mdantsane, 26 August
(Finishers: 528)

MEN

1. Andile Motwani (Tinarha) 31:12
2. Zuko Kupiso (B2R) 31:49
3. Yanga Malusi (Zwelonke) 32:09
4. Zolani Ngqqaqa (Tinarha) 32:30
5. Luthando Hejana (RG) 32:41

WOMEN

1. Stephanie Smith (B2R) 39:50
2. Ndileka Mvakwendlu (Tinarha) 41:17
3. Sherelle Smith (Ox S) 48:35
4. Unathi Stot (Stutter) 49:05
5. Sharon Wood (RWFL) 49:59

CROSS-COUNTRY**USSA Championships**

East London, 15 September

MEN (10 km)

1. Jeromy Andreas (UJ) 29:50
2. Milton Kekana (TUT) 29:53
3. Mariano Eesou (NMU) 29:54
4. Pakiso Mthembu (UFS) 30:20
5. Onkabetse Sebola (UJ) 30:48

MEN (4 km)

1. Rantso Mokopane (NWU) 11:29
2. Puseletso Mofokeng (NWU) 11:34
3. Henry Makane (UJ) 11:41
4. Ashley Smith (UWC) 11:49
5. Michael Pienaar (UP) 11:51

WOMEN (8 km)

1. Tshepang Sello (UFS) 26:47
2. Tyler Beling (UFS) 28:14
3. Jessica Pollock (UCT) 28:22
4. Cana Peek (US) 29:18
5. Nicole van der Merwe (UJ) 29:55

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**BMW Berlin Marathon** (45th)

(An Abbott World Marathon Majors event/IAAF Gold Label Road Race)

Berlin, GER, 16 September

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

- | | | |
|-------------------------|---------------|------------------------------|
| 1. Eliud Kipchoge, KEN | 2:01:39 CR/WR | € 40,000 + 50,000* + 30,000i |
| [1:01:06 / 1:00:33] | | |
| 2. Amos Kipruto, KEN | 2:06:23 | 20,000 |
| 3. Wilson Kipsang, KEN | 2:06:48 | 15,000 |
| 4. Shogo Nakamura, JPN | 2:08:16 PB | 12,000 |
| 5. Zersenay Tadese, ERI | 2:08:46 PB | 10,000 |
| 6. Yuki Sato, JPN | 2:09:18 | 7,500 |
| 7. Okubay Tsegay, ERI | 2:09:56 PB | 5,000 |
| 8. Daisuke Uekado, JPN | 2:11:07 | 4,000 |

9. Wily Canchanya, PER	2:12:57 PB	3,000
10. Bart van Nunen, NED	2:13:09 DB	2,000
Scott Overall, GBR	DNF	
Abera Kuma, ETH	DNF	

*) Course and world record bonus

i) Earned time incentive for sub-2:04:00

5 km splits for Kipchoge:

5 km	14:24	(14:24)
10 km	29:01	(14:37)
15 km	43:38	(14:37)
20 km	57:56	(14:18)
25 km	1:12:24	(14:29)
30 km	1:26:45	(14:21)
35 km	1:41:12	(14:27)
40 km	1:55:32	(14:20)
42.195 km	2:01:39	(06:07)
Halves:	1:01:06	/ 1:00:33

WOMEN (gun times)

1. Gladys Cherono, KEN	2:18:11 PB/CR	€ 40,000 + 30,000i
	[1:09:10 / 1:09:01]	
2. Ruti Aga, ETH	2:18:34 PB	20,000 + 15,000ii
3. Tirunesh Dibaba, ETH	2:18:55	15,000
4. Edna Kiplagat, KEN)	2:21:18	12,000
5. Mizuki Matsuda, JPN	2:22:23 PB	10,000
6. Helen Tola, ETH	2:22:48 PB	7,500
7. Honami Maeda, JPN	2:25:23	5,000
8. Carla Salome Rocha, POR	2:25:27 PB	4,000
9. Miyuki Uehara, JPN	2:25:46 PB	3,000
10. Rei Ohara, JPN	2:27:29	2,000
11. Rachel Cliff, CAN	2:28:53 DB	
12. Lyndsay Tessier, CAN	2:30:47 PB	
Aselefech Mergia, ETH	DNF (1:13:01 at half)	
Ines Monteiro, ESP	DNF (1:13:46 at half)	

i) Earned time incentive for sub-2:19:00

ii) Earned time incentive for sub-2:20:30 (limited to top-2 finishers)

Copenhagen Half Marathon (4th)

(Danish Half-Marathon Championships)

(IAAF Gold Label Road Race)

Copenhagen, DEN, 16 September

(Distance: 21.1 km; IAAF-certified one-loop course; very flat)

MEN (gun times)

1. Daniel Kipchumba, KEN	59:06 =PB	USD 10,000 + 2,000#
	[14:07 / 28:10 / 42:02 / 56:07]	
2. Abrahm Kiptum, KEN	59:09 PB	6,000 + 2,000#
3. Jemal Yimer Mekonnen, ETH	59:14	4,000 + 2,000#
4. Yomif Kejelcha, ETH	59:17 DB	3,000 + 2,000#
5. Felix Kibitok, KEN	59:21 PB	2,000 + 2,000#
6. Edwin Kiprop Kiptoo, KEN	59:28	1,500 + 2,000#
7. Lelisa Desisa, ETH	59:52	1,200 + 2,000#
8. Dominic Kiptarus, KEN	59:55 PB	1,000 + 2,000#

9. Asefa Mengstu Negewo, ETH	1:00:01
10. Alexander Mutiso, KEN	1:00:11 PB
11. Betesfa Getahun, ETH	1:00:26 PB
12. Jorum Lumbasi Okombo, KEN	1:00:36
13. Amdework Walelegn Tadese, ETH	1:00:37
14. James Rungaru, KEN	1:00:40
15. Abayneh Degu Tsehay, ETH	1:01:01 PB
16. Mangata Ndiwa, KEN	1:01:14
17. Teshome Mekonen Asfaha, ETH	1:01:23
18. Meshack Kiprop Koech, KEN	1:01:25
19. Japhet Kipyegon Korir, KEN	1:01:27
20. Morris Munene Gachaga, KEN	1:02:09

#) Earned Sub-60 bonus

WOMEN (gun times)

1. Sifan Hassan, NED	1:05:15 CR/AR/NR/PB	USD 10,000 + 5,000 [^] + 2,000#
[15:06 / 30:37 / 46:09 / 61:56]		
2. Ababel Yeshaneh Brihane, ETH	1:05:46 PB	6,000 + 2,000#
3. Joan Chelimo Melly, KEN	1:06:15	4,000 + 2,000#
4. Zeineba Yimer, ETH	1:06:21 PB	3,000 + 2,000#
5. Ruth Chepngetich, KEN	1:07:02	2,000 + 2,000#
6. Bekelech Gudeta Borecha, ETH	1:07:03 PB	1,500 + 2,000#
7. Hiwot Gebrekidan Gebremaryam, ETH	1:07:36 PB	1,200 + 2,000#
8. Meseret Belete, ETH	1:07:51 PB	1,000 + 2,000#
9. Meskerem Assefa, ETH	1:08:34	
10. Belaynesh Oljira, ETH	1:08:36	
11. Monicah Wanjuhi Ngige, KEN	1:08:38 PB	
12. Visiline Jepkesho, KEN	1:10:35	
13. Rahma Tusa, ETH	1:10:58	
14. Lilian Jelagat, KEN	1:11:16	
15. Nina Lauwaert, BEL	1:11:50 PB	
16. Asefa Alemtsehay, ETH	1:12:28 PB	
17. Truphena Chepchirchir, KEN	1:12:51	
18. Betha Chikanga, ZIM	1:13:00 PB	

[^]) Earned event record bonus

#) Earned Sub-68 bonus

Rock 'n' Roll Philadelphia Half Marathon (41st)

Philadelphia, USA, 16 September

(Distance: 21.1 km; certified flat, out-and-back course)

MEN

1. Shura KITATA, ETH	59:16 PB
2. Parker STINSON, USA	1:03:01
3. Cam LEVINS, CAN	1:03:09

WOMEN

1. Desiree LINDEN, USA	1:11:48
2. Kellyn TAYLOR, USA	1:12:06
3. Roberta GRONER (40+), USA	1:12:20 PB

Mattoni Ústí nad Labem Half Marathon (8th)

(IAAF Gold Label Road Race/RunCzech Series)

Usti nad Labem, CZE, 15 September

(Distance: 21.1 km; AIMS-certified loop course)

MEN (gun times)

1. Stephen KIPROP, KEN,	59:41 PB	€ 3000 + 5000i
[14:12 / 28:45 / 42:31]		
2. Barselius KIPYEGO, KEN	1:00:25	1500 + 2000i
3. Abel KIPCHUMBA, KEN	1:00:39	1000 + 1000i
4. Hicham AMGHAR, MAR	1:01:15	600
5. Amos Kibiwott KURGAT, KEN	1:01:28 PB	500
6. Yuma HATTORI, JPN	1:01:40 PB	400
7. Peter KWEMOI, KEN	1:01:50	200
8. Nicodemus KIPKURUI, KEN	1:01:59	100
9. Geoffrey Kimutai KOECH, KEN	1:02:20	
10. Timothy Kiplagat RONO, KEN	1:02:26	
... 15. Guye ADOLA, ETH	1:04:31	

i) Earned time incentive bonus

WOMEN (gun times)

1. Diana Chemtai KIPYOKEI, KEN	1:07:17 PB/CR=	€ 3000 + 2000i
[15:39 / 31:37 / 47:20]		
2. Nancy Jepkosgei KIPROP, KEN	1:07:32	1500 + 1000i
3. Lucy CHERUIYOT, KEN	1:09:52	1000
4. Dera DIDA, ETH	1:09:53	600
5. Perine NENKAMPI, KEN	1:10:11 PB	500
6. Lilia FISIKOVICI, MDA	1:10:45 NR	400
7. Lucy KARIMI, KEN	1:11:15	200
8. Yuka TAKASHIMA, JPN	1:11:43	100

Minsk Half Marathon (6th)

(IAAF Road Race Bronze Level)

Minsk, BLR, 9 September

(Distance: 21.1 Km; certified loop course)

MEN

1. Abebe Negewo, ETH	1:02:37 CR	USD 3000 + 1000t + 1000r
2. Hillary Kiptum Maiyo Kimaiyo, KEN	1:02:38	2500 + 700t
3. Joel Maina Mwangi, KEN	1:02:53	2000 + 400t
4. Bernard Korir, KEN	1:03:30	1500
5. Rinas Akhmedeyev, RUS	1:03:32	1000

t) time bonus

r) course record bonus

WOMEN

1. Sheila Jerotich, KEN	1:12:02	USD 3000 + 1000t
2. Sviatlana Kudzelich, BLR	1:12:03	2500 + 700t
3. Meseret Gebre, ETH	1:12:43	2000 + 400t
4. Nina Savina, BLR	1:13:20	1500
5. Volha Mazuronak, BLR	1:13:58	1000 + 600b

t) time bonus

b) Belarusian athletes bonus

Barmer Alsterlauf Hamburg (29th)

Hamburg, GER, 9 September
(Distance: 10 km)

MEN (gun times)

1. Emmanuel BOR, 1993, KEN, 28:34
2. Emmanuel KIPRONO, 1993, KEN, 28:46
3. Ezra KERING, 1986, KEN, 28:55

WOMEN (gun times)

1. Agnes KEINO, 1988, KEN, 32:41
2. Tabitha GICHIA, 1983, KEN, 32:57
3. Caroline GITONGA, 1996, KEN, 33:30

Park to Park Half Marathon

Waterloo, USA, 8 September
(Distance: 21.1 km; certified record-standard course)

MEN (gun times)

1. Sammy Rotich, 31, Clive, IA (KEN) 1:03:22 CR \$500 + 400i + 950c
2. Kiprop Mutai, 31, Bowling Green, OH (KEN) 1:04:28 250 + 400i
3. Dennis Kipkosgei, 23, Lansing, MI (KEN) 1:05:37 150 + 200i

c) Course record bonus

i) Time bonus incentive (\$400 for sub-1:05; 200 worth sub-1:08)

WOMEN (gun times)

1. Vicoty Chepngeno, 24, Grand Prairie, TX (KEN) 1:11:23 \$500 + 400i
2. Brilliant Jepkorir, 23, Lansing, MI (KEN) 1:11:34 250 + 400i
3. Samantha Wingert, 31, Cedar Falls, IA 1:21:13 150

i) Time bonus incentive (\$400 for sub-1:14)

Hoka One One Long Island Mile (4th)

Bay Shore, USA, 5 September
(Distance: 1 mile)

ELITE MEN

1. Chris O'Hare, adidas (GBR) 3:55.53 \$3000
2. Charles Philibert-Thiboutot, Asics (CAN) 3:56.62 2500 + 500i
3. Neil Gourley, Unattached (GBR) 3:57.20 1500
4. Ben Blankenship, Nike Oregon Track Club Elite 3:57.29 1250
5. Rob Napolitano, Hoka NJ-NY Track Club 3:57.65 1000
6. Ben Flanagan, Reebok Boston TC 3:57.75 PB 750
7. Daniel Herrera, High Performance West (MEX) 3:58.47 500
8. Charlie Grice, Nike (GBR) 3:58.61 250
9. Sam McEntee, Unattached (AUS) 3:59.25
10. Sam Parsons, adidas 3:59.70 PB

i) Earned special bonus for leading at 1309 meters

ELITE WOMEN

1. Shannon Osika, Nike 4:29.91 \$3000 + 500i
2. Rachel Schneider, Under Armour 4:30.18 2500

3. Emma Coburn, Team New Balance	4:31.08	1500
4. Emily Lipari, adidas	4:31.26	1250
5. Helen Schlachtenhaufen, Saucony Freedom TC	4:31.80	1000
6. Kate Van-Buskirk, Nike	4:32.09	750
7. Ce'Aira Brown, Hoka NJ-NY Track Club	4:32.23	500
8. Cory McGee, Team New Balance	4:32.74	250
9. Danielle Aragon, Hoka NJ-NY TC	4:33.90	
10. Sara Sutherland, Saucony	4:35.22	
11. Amanda Eccleston, Brooks	4:36.27	

i) Earned special bonus for leading at 1309 meters

Russian Half-marathon Championships

Yaroslavl, RUS, 2 September
(Distance: 21.1 km)

MEN (gun times)

1. Artyom Aplachkin (16.07.91)	1:04:45
2. Nikolay Chavkin (24.04.84)	1:05:15
3. Aleksandr Imenin (02.04.87)	1:05:28

MEN (gun times)

1. Tatyana Arkhipova (08.04.83)	1:11:23
2. Irina Sergeyeva (25.12.87)	1:11:35
3. Maria Osokina (04.11.93)	1:13:34

MOUNTAIN/TRAIL/ULTRA RUNNING

WMRA World Mountain Running Championships (34th)

Canillo, AND, 16 September

SR. MEN (12 km with 1028 m uphill and 117 m downhill; start 1515 m and finish 2430 m)

Teams: 1. UGA, 6 points (perfect score); 2. ITA, 24; 3. NOR, 42; 4. GBR, 47; 5. FRA, 48

...

Individual finishers:

1. Robert CHEMONGES, 1997, UGA	55:37	Gold
2. Joel AYEKO, 1997, UGA	55:38	Silver
3. Victor KIPLANGAT, 1999, UGA	55:54	Bronze

SR. WOMEN (12 km with 1028 m uphill and 117 m downhill; start 1515 m & finish 2430 m)

Teams: 1. KEN, 17 points; 2. GBR, 39; 3. FRA, 49; 4. ITA, 54; 5. USA, 63 ...

Individual finishers:

1. Lucy Wambui MURIGI, 1985, KEN	1:04:55	Gold
2. Maude MATHYS, 1987, SUI	1:06:00	Silver
3. Viola JELAGAT, 1992, KEN	1:06:26	Bronze

JR. MEN (7.3 km with 576 m uphill and 117 m downhill; 1941 m start and 2430 m finish)

Teams: 1. UGA, 6 points (perfect score); 2. GBR, 22; 3. TUR, 23; 4. ROU, 38; 5. ITA, 50

...

Individual finishers:

1. Dan CHEBET, 2002, UGA	35:49	Gold
2. Mathew CHEPKURUI, 2001, UGA	36:05	Silver

3. Oscar CHELIMO, 2001, UGA 36:42 Bronze

JR. WOMEN (7.3 km with 576 m uphill and 117 m downhill; 1941 m start and 2430 m finish)

Teams: 1. UGA 12 points; 2. ITA, 18; 3. ROU, 29; 4. FRA, 49; 5. TUR, 51 ...

Individual finishers:

1. Risper CHEBET, 1999, UGA UGA 41:19 Gold
 2. Lisa OED, 1999, GER 41:54 Silver
 3. Betty CHEBET, 2002 UGA, UGA 43:07 Bronze

Jungfrau Marathon (26th)

Interlaken, SUI, 8 September

(Distance: 42.195 km, with massive 1800 m elevation GAIN!)

MEN (extended gun times)

1. Robbie Simpson, 1991, GBR, 2:56:31.0
 2. Andrew Davies, 1979, GBR, 3:01:37.6
 3. Birhanu Mekonnen, 1987, ETH, 3:03:48.9

WOMEN (extended gun times)

1. Martina Strähl, 1987, SUI, 3:14:36.4
 2. Michelle Maier, 1991, GER, 3:29:25.0
 3. Michela Segalada, 1990, SUI, 3:33:11.7

STATS TIME

This week we include a list of the top ten SA junior men in the 5000 metres for 2018.

2018 5000 M: TOP 10 JUNIOR MEN

14:29.84	Ngonde Matwebu	1	Paarl	06 Apr
14:30.25	Phakiso Mthembu	2	Paarl	06 Apr
14:30.40	Poloko Mapunye	3	Paarl	06 Apr
14:31.75	Phenyo Chidi	4	Paarl	06 Apr
14:51.27	Tumi Lephoto	5	Paarl	06 Apr
14:53.62	Carlo Flink	6	Paarl	06 Apr
15:00.01	Wiseman Mthembu	7	Paarl	06 Apr
15:02.15	Sello Pheleu	8	Paarl	06 Apr
15:04.89	Lebohlang Mahloane	9	Paarl	06 Apr
15:10.60	Bonginkosi Maseko	10	Paarl	06 Apr

THIS MONTH IN HISTORY

24 years ago: 10 September 1994

South African track distance running records in September are very rare -- indeed, there have been only four, and only one by a woman. Elana Meyer achieved it on this day when she scored one of the most famous victories of her brilliant career at the World Cup meeting in London. After leading from start to finish, she beat Fernanda Ribeiro of Portugal by almost 12 seconds in a magnificent 30:52.51 -- which, were it not for the 30:50.34 by one of the very controversial group of Chinese runners, Wang Junxia, would have been the world's fastest for the year. Meyer's time was the eighth quickest ever run -- fourth if the times by the Chinese group of Ma's Army, as they were called after their coach, are discounted. It is still the SA record and no other South African has come to within 58 seconds of 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.

MENOpen

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		
	2:01:39p	Eliud Kipchoge (KEN) 2018		
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
	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
	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		
<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	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	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	7:51:13	Salome Cooper (vet)	Sveti Martin	08 Sep
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:15	Tanith Maxwell	Cape Town	07 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:15	Tanith Maxwell	Wellington	01 May
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	96:16	Charné Bosman	Pretoria	12 May
	85:15	Colleen de Reuck (USA) 2005		
30 km	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:51:13	Salome Cooper	Sveti Martin	08 Sep
	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		
21.1 km	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		

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