

# 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

I was shocked yesterday to receive the news of the serious injuries sustained by Sonja Laxton (pictured) in a hit-and-run accident in Rosebank, Johannesburg. According to SAPA, Laxton, one of the best athletes ever produced in South Africa and the first to receive Springbok colours in all three disciplines of athletics, was struck by a car while on a training run and was taken to the Milpark Hospital, where she is being treated for multiple injuries, including broken elbows and shoulders, fractured ribs, as well as a fractured ankle and spine. She will need extensive surgery to repair the broken joints. Details of the incident are still sketchy, but the driver of the vehicle that hit Sonja, who is a DRR subscriber, was apprehended later. On behalf of all DRR readers I would like to extend our heartfelt good wishes to her and, with husband Ian and daughter Kim, hope for a

full recovery of this extraordinary athlete and role model of South African sport.

The day before the accident Kim had run the second fastest half marathon of her career when she won the Winelands Half Marathon in ideal conditions in Stellenbosch in 1:19:15, beating the second runner by more than 8 minutes. The men's race went to Lindikhaya Mthangayi (1:07:54), while the 36<sup>th</sup> running of the marathon was won by Dicarido Jakobs (2:26:10) and Candyce Hall (3:03:44).

In the Yokohama Marathon René Kalmer finished sixth in 2:32:39, her third fastest time ever. She ran her personal best of 2:29:59 when she finished fifth in Yokohama two years ago.

DRR reported two weeks ago on the election of the new Comrades Board. Since then Macdonald Chitja has been elected as Chairman. Chitja, who has completed the race fifteen times, has been associated with the Comrades since 2001, when he was elected onto the Executive Committee. Peter Proctor was elected as the Vice-chairman, while Neville Thomas was co-opted for his skills in financial administration.

In the results of the HFFA Half Marathon in last week's DRR the second and third master were in the wrong order. Chris Mitchell was second in 1:22:25 and Steven Parkins third in 1:24:19.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Greater Edendale 10 km Challenge, Pietermaritzburg
- \* Winelands Marathon and Half Marathon, Stellenbosch
- \* The Willows Resort Run 10 km & 5 km, Port Elizabeth

**International highlights:**

- \* .US National Road Racing Championships, Alexandria, USA
- \* Semi-Marathon de Boulogne-Billancourt, Boulogne-Billancourt, FRA
- \* Ageo City Half Marathon, Ageo, JPN
- \* Maratón Divina Pastora Valencia, Valencia, ESP
- \* Yokohama Women's Marathon, Yokohama, JPN
- \* ABN-AMRO Zevenheuvelenloop 15 km, Nijmegen, NED
- \* Rock 'n' Roll San Antonio Marathon, San Antonio, USA
- \* Rock 'n' Roll Las Vegas Marathon, Las Vegas, USA
- \* XC: Cross de Atapuerca, Atapuerca (Burgos), ESP; Northeast Region, Bronx, USA; South Central Region, Waco, USA; Southeast Region, Earlysville, USA

**CORRECTION**

**SAM TSHABALALA**

The Comrades Marathon Association (CMA) has informed *Distance Running Results* that Sam Tshabalala, the first black man to win the Comrades Marathon in 1989, has in fact not passed away, as published in last week's DRR. The CMA had sent out the original media release with the news, which was quickly distributed further in social media, and has apologised for the unfortunate error in an e-mail to DRR (although it did not issue a public correction or apology). It said that it had confirmed with Tshabalala's friend and fellow runner Louis Harmse that he was in fact "alive and well".

**ROAD RUNNING**

**Greater Edendale 10 km Challenge (2<sup>nd</sup>)**

Pietermaritzburg, 17 November  
(Loop course. Finishers: 482)

**MEN**

1.	Precious Machele	Transnet AC	30:45 (R2500)
2.	Siyabonga Mkonde	Boxer AC	31:03 (R1500)
3.	Elmore Sibanda	ZIM/Maxed Elite	31:45 (R700)
4.	Xolisi Tyali	Nedbank AC	31:52 (R500)
3.	Joseph Kengo	ZIM/Form One AC	31:53 (R250)

(Prize money in all age categories except juniors was the same: R100, R50.)

**40-49:**

1.	Richard Dlamini	Phuma KZN	34:46
2.	Herbert Mazongolo	Toyota AC	39:34

**50-59:**

1.	Willie Majambozi	Boxer AC	39:26
2.	Sandile Khuzwayo	Hulamin AC	40:46

**60+:**

1.	Solomon Moloi	SAPS	49:30
2.	Ian Abrahams	Eskom AC	51:23

**Juniors:**

1.	Stephen Katam	ZIM/Form One AC	33:39 (R250)
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## WOMEN (Same prize money as men)

1.	Makhosi Mhlongo	Savages AC	39:34
2.	Poppy Mlambo	Boxer AC	40:16
3.	Slindile Chili	Spar/Chest AC	41:13 (1 <sup>st</sup> jun)
4.	Janette Dlamini	Umzinkulu AC	41:59
5.	Zintombi Makhwenkwe	Ind	42:15

**40-49:**

1.	Sibongile Zigubu	Eskom AC	47:40
2.	Lungi Nkosi	Eskom AC	53:46

**50-59:**

1.	Debby de Koning	EskomAC	51:06
2.	Debbie Lundin	West AC	69:54

**60-69:**

1.	Pat Fisher	Stella AC	58:19
2.	Irma Stephens	Eskom AC	67:20

**Juniors:**

1.	Slindile Chili	Spar C/ville AC	41:13
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**Winelands Marathon (36<sup>th</sup>) and Half Marathon (17<sup>th</sup>)**

(Incorporating the Boland Marathon Championships)

Stellenbosch, 16 November

(Distances: 42.195 km & 21.1 km; NEW, certified, hilly loop courses, partly on gravel.

Weather: Cool and overcast early on, with light rain later [mainly affecting the marathon].

Finishers: marathon – 701 men + 285 women = 986 total [down from 1002 last year]; half marathon – 562 men + 539 women = 1101 total [down from 1347 last year].)

Note: Both routes were changed, with a new start and finish venue, although parts of the old routes were used (more so in the half-marathon). The Boland senior titles in the marathon were won by overall winner Dicardo Jakobs and Liana Maree, who was eighth. – Ed.

**Marathon**

## MEN

1	Dicardo	Jakobs	27	Ned Bol	2:26:10	R1500
2	Duane	Fortuin	29	Bid	2:27:18	R1000
3	Bernard	Rukadza	32	ZIM/NBMC	2:30:06	R500
4	Pieter	Koopman	39	Ned Bol	2:30:57	
5	Abongile	Snyman	30	East	2:31:06	
6	John	Mboko	34	Temp	2:32:40	
7	Admire	Rushika	27	ZIM/Ned	2:34:24	
8	Anele	Mnukwa	33	Elgrab	2:36:20	
9	Marks	Mpekula	25	VOB	2:36:23	
10	Simon	Von Witt	36	AAC	2:39:54	
11	Oscar	Coetzee	30	NBMC	2:42:15	
12	Imrah	Paya	36	MAW/Gugs	2:42:22	
13	Simphiwe	Vellem	34	Gugs	2:44:32	
14	Sihle	Mapukata	37	ATRA	2:44:41	
15	Mandla	Pangalele	35	Gugs	2:46:36	
16	Xolile	Macanda (1 <sup>st</sup> vet)	41	Gugs	2:47:01	
17	Paul	Conradie	43	Ned	2:48:44	
18	Xholisa	Batala	25	VOB	2:49:34	
19	Ngqola	Gcobani	41	Itheko	2:50:40	
20	Andries	Swanepoel	44	Bracken	2:52:13	

**Veterans:**

1	Xolile	Macanda	41	Gugs	2:47:01	R750
2	Paul	Conradie	43	Ned	2:48:44	R500
3	Ngqola	Gcobani	41	Itheke	2:50:40	R250

**Masters:**

1	Sollie	Van Rooyen	50	Worc	3:07:45	R300
2	Thomas	Moses	56	Worc	3:12:42	R250
3	Desmore	Oppel	53	Durbac	3:15:33	R175

**G'masters:**

1	Arthur	Valasis	62	Hamlet	3:33:36	R225
2	Brian	Merryweather	60	Edge	3:45:37	R175
3	Bernard	Hayes	62	Fhoek	3:55:42	R125

## WOMEN (Same prize money as men)

1	Candyce	Hall	29	Carb	3:03:44	
2	Fikile	Mbuthuma	32	Ned KZN	3:04:05	
3	Bulelwa	Mtshagi	34	Temp	3:06:42	
4	Ursula	Turck (1 <sup>st</sup> vet)	41	Strand	3:10:03	
5	Patricia	Adams	43	Itheke	3:22:21	
6	Adele	Waldron	39	Wcoast	3:23:22	
7	Laura	Peddle	31	Strand	3:26:25	
8	Liana	Maree	36	Stellen	3:27:07	
9	Bernice	Van Zyl	24	Ned	3:27:40	
10	Elizabeth	De Gouveia	39	Durbac	3:28:33	
11	Paola	Vignani	49	ITA/Ned Bol	3:30:19	
12	Lorna	Loubser	39	Sanlamc	3:30:32	
13	Lindie	Bouwer	28	Ned	3:32:26	
14	Jani	Calitz	29	Durbac	3:35:44	
15	Elizabeth	Bax (1 <sup>st</sup> mast)	52	Pine	3:37:45	
16	Greta	De Wet	47	Foresthi	3:39:51	
17	Annmarie	Steyn	43	Whalers	3:40:06	
18	Juliette	Savini	56	Durbac	3:40:38	
19	Lynn	Davis	45	AAC	3:41:17	
20	Styntyjie	Prins	59	Paarl	3:42:47	

**Veterans:**

1	Ursula	Turck	41	Strand	3:10:03	
2	Patricia	Adams	43	Itheke	3:22:21	
3	Paola	Vignani	49	ITA/Ned Bol	3:30:19	

**Masters:**

1	Elizabeth	Bax	52	Pine	3:37:45	
2	Juliette	Savini	56	Durbac	3:40:38	
3	Styntyjie	Prins	59	Paarl	3:42:47	

**G'masters:**

1	Veronica	Van Niekerk	68	Elgrab	4:04:36	
2	Ruth	Leverton	61	Pine	4:22:14	
3	Nadia	Wilds	60	Celtic	4:36:07	

**Half marathon**

## MEN

1	Lindikhaya	Mthangayi	34	Itheke	1:07:54	R1000
2	Andries	Pongwana	26	Temp	1:09:25	R600
3	Tsungai	Mwanengeni	39	ZIM/NBMC	1:10:02	R400
4	Wanda	Roro	24	Ned Bol	1:11:27	
5	Vakalisa	Kopolo	36	Khaye	1:12:15	
6	Graham	Katzen (1 <sup>st</sup> vet)	43	Itheke	1:12:27	
7	Bulelani	Bhebha	22	VOB	1:13:57	

8	Shawn	Abrahams	43	Itheko	1:14:01
9	Riaan	Witbooi	31	Eerste	1:14:19
10	Charlton	September	33	Ned Bol	1:15:05
11	Sive	Ngubo (1 <sup>st</sup> jun)	19	Ned	1:15:07
12	Masixole	Peza	29	Khaye	1:15:13
13	Mnonopheli	Zingzane	30	Strand	1:15:34
14	Makutu	Boy	37	NBMC	1:15:43
15	Thandile	Joseph	19	East	1:16:27
16	Thomas	Struiss	19	Swart	1:16:30
17	Jannie	Tieties	25	Namaq	1:16:36
18	Richard	Flint	29	Old	1:16:56
19	Sityhilo	Diko	22	Ned	1:17:29
20	Xolisa	Malane	24	Wild	1:18:17

**Veterans:**

1	Graham	Katzen	43	Itheko	1:12:27	R600
2	Shawn	Abrahams	43	Itheko	1:14:01	R400
3	Theunis	Van der Schyf	46	Welling	1:26:52	R200

**Masters:**

1	Shafiek	Cassiem	52	Itheko	1:28:01	R300
2	Mpendulo	Mpukane	57	Gugs	1:29:16	R200
3	Eise	Geerts	58	Bell	1:30:25	R100

**G'masters:**

1	Albert	Williams	60	Tform	1:36:37	R200
2	Carel	Muller	62	Stellen	1:37:37	R150
3	Daniel	September	60	Durbac	1:44:44	R100

**Juniors:**

1	Sive	Ngubo	19	Ned	1:15:07	R150
2	Thandile	Joseph	19	East	1:16:27	R100
3	Thomas	Struiss	19	Swart	1:16:30	R50

**WOMEN (Same prize money as men)**

1	Kim	Laxton	31	Sunstrid	1:19:15
2	Fortunate	Chidzivo	26	Itheko	1:27:29
3	Danette	Smith	24	NBMC	1:29:04
4	Helene	Roux	29	NBMC	1:29:27
5	Sheryl	De Lange (1 <sup>st</sup> vet)	45	NBMC	1:34:29
6	Mariëtte	Strauss (1 <sup>st</sup> mast)	51	Tyger	1:34:38
7	Olga	Howard	55	Celtic	1:37:54
8	Rachel	Arnott	36	Wcoast	1:38:19
9	Somari	Goussard	35	Temp	1:39:26
10	Anna	Dubaniewicz	28	VOB	1:40:02
11	Liezel	De Vos	36	Stellen	1:40:24
12	Liezl	Heerschap	41	Temp	1:40:40
13	Marie	Louw	47	NBMC	1:41:06
14	Zonia	Scheffer	39	Stellen	1:41:11
15	Anneri	Booyen	30	Durbac	1:41:46
16	Berta	Espach	46	Temp	1:42:07
17	Nicol	Muller	26	MSM	1:42:25
18	Comien	Terblanche	22	Temp	1:43:01
19	Christy	Smith	34	Durbac	1:43:12
20	Marie	Vermeulen (1 <sup>st</sup> jun)	18	Ned Bol	1:43:23

**Veterans:**

1	Sheryl	De Lange	45	NBMC	1:34:29
2	Marie	Louw	47	NBMC	1:41:06
3	Monice	Brand	46	NBMC	1:45:47

**Masters:**

1	Mariëtte	Strauss	51	Tyger	1:34:38
2	Olga	Howard	55	Celtic	1:37:54
3	Charmaine	Cupido	57	Ned	1:46:06

**G'masters:**

1	Pixie	Sparg	69	Celtic	1:56:32
2	Saundria	Visser	62	Ned SWD	2:21:09
3	Rita	Van Wyk	64	Bracken	2:25:57

**Juniors:**

1	Marie	Vermeulen	18	Ned Bol	1:43:23
2	Courtney	Groener	19	Bell	1:49:20
3	Samantha	Taylor	19	Stellen	1:52:21

**The Willows Resort Run 10 km & 5 km**

Port Elizabeth, 16 November

(Two-loop course for 10 km. Weather: strong wind. Finishers: 10 km – 169 [more than 50% down from last year's 354]; 5 km – 336 [also less than half of last year's 731].)

Note: The two races were not held at the same time, so it was possible to run both – as Laura Maritz did. – Ed.

**10 km****MEN**

1	Mariano	Eesou	Absa NMMU AC	21	32:45
2	Melikhaya	Frans	Nedbank RC EP	21	33:37
3	Zolani	Ngqaqa	Absa NMMU AC	24	33:46
4	Mzolisi	Makhanda	Nedbank RC EP	30	33:55
5	Gift	Chigomarawa	Ikhamva AC	25	36:17
6	Patrick	Made	Maxed Elite EP	31	36:34
7	Keegan	Cooke (1 <sup>st</sup> jun)	Temp	16	39:10
8	Rory	Scheffer	Charlo AC	21	39:41
9	Tumelo	Mochelenyane	Nedbank RC EP	31	40:28
10	Jarryd	Cooke	Absa NMMU AC	19	41:35
11	Michael	Prince	Nedbank RC EP	39	41:40
12	Garnet	Van Belling	Transnet Eng EP	38	42:36
13	Martin	Jansen (1 <sup>st</sup> vet)	Nedbank RC EP	45	42:45
14	Isaac	Frazenburg	Malabar AC	40	44:13
15	Nelson	Vlakbok	SANDF EP	49	44:16
16	Jean	Wright	Charlo AC	27	46:01
17	Errol	Whittal	Aspen Pharmacare	38	46:11
18	Johannes	Meurs	Temp	29	46:23
19	Guy	Cooke	Temp	49	46:29
20	Ryan	Smith	Temp	23	46:54

**40-44:**

1	Isaac	Frazenburg	Malabar AC	40	44:13
2	Vusi	Msuthwana	Bluewater Bay	42	49:15
3	Jabulani	Dube	Nedbank RC EP	43	52:35

**45-49:**

1	Martin	Jansen	Nedbank RC EP	45	42:45
2	Nelson	Vlakbok	SANDF EP	49	44:16
3	Guy	Cooke	Temp	49	46:29

**50-54:**

1	Wayne	MacGear	Nedbank RC EP	50	53:54
2	Arthur	Williams	Despatch AC	50	1:01:34
3	Abdoelazies	Madatt	Malabar AC	50	1:02:12

**55-59:**

1	Christopher	Nyodi	Bluewater Bay	55	50:01
2	Jan	Van Eeden	Nedbank RC EP	55	50:22
3	Hennie	Van Eck	PEAAC	58	56:00

**60-64:**

1	Mike	Hanley	PEAAC	64	1:01:27
2	Aubrey	Le Roux	St Albans CS EP	60	1:06:34
3	Chris	Bekker	Crusaders AC	61	1:11:29

**65-69:**

1	David	O'Rielly	Nedbank RC EP	66	54:23
2	Thembisile	Ntoni	PEAAC	65	57:12
3	Andre	Fourie	Elite AC	66	1:12:47

**75-79:**

1	John	Peart	Nedbank RC EP	77	1:32:32
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**Juniors:**

1	Keegan	Cooke	Temp	16	39:10
2	Sinawo	Kani	Temp	15	55:46
3	Siphesihle	Sofute	Temp	17	55:53

**WOMEN**

1	Ntombesintu	Mfunzi	Bonitas AC	31	40:40
2	Asanda	Solani	Motherwell AC	30	46:42
3	Elmarie	Bezuidenhout	Charlo AC	31	48:22
4	Laura	Maritz (1 <sup>st</sup> mast)	Elite AC	53	50:49
5	Nurunnisa	Madatt	Malabar AC	51	52:05
6	Treloar	Childs	Walmer AC	50	53:27
7	Lara	Pretorius (1 <sup>st</sup> vet)	Legogote Vill	44	53:53
8	Carla	Petzer (1 <sup>st</sup> jun)	Absa NMMU AC	18	56:42
9	Michelle	Glover	Temp	20	56:56
10	Teresa	Winkelmann	Temp	37	58:55
11	Robyn	Bird	Temp	42	58:57
12	Katherine	Nawdish	Charlo AC	41	59:24
13	Belinda	Bain	Charlo AC	51	59:24
14	Toegeda	Vyver	Nedbank RC EP	41	1:00:23
15	Vicki	Laing	Temp	36	1:01:07
16	Roxy	Malan	Temp	21	1:01:40
17	Jeanette	Oberem	Temp	25	1:02:24
18	Linzay	Brent	Temp	24	1:03:16
19	Beverley	Morgan	Nedbank RC EP	39	1:03:42
20	Lynette	Crause	Walmer AC	53	1:04:32

**40-44:**

1	Lara	Pretorius	Legogote Vill	44	53:53
2	Robyn	Bird	Temp	42	58:57
3	Katherine	Nawdish	Charlo AC	41	59:24

**45-49:**

1	Charlene	De Coning	Crusaders AC	49	1:04:33
2	Melanie	Gardiner	Run For Life EP	48	1:06:56
3	Estelle	Edwards	Nedbank RC EP	45	1:12:55

**50-54:**

1	Laura	Maritz	Elite AC	53	50:49
2	Nurunnisa	Madatt	Malabar AC	51	52:05
3	Treloar	Childs	Walmer AC	50	53:27

**55-59:**

1	Catherine	Fortuin	Temp	55	1:08:51
2	Marcelle	Harran	Body Concept	59	1:14:49

**65-69:**

1	Jeanette	Pienaar	PEAAC	65	1:15:01
2	Iva	Peine	Temp	68	1:38:40
<b>70-74:</b>					
1	Isabella	Childs	Walmer AC	72	1:23:40
<b>75-79:</b>					
1	Joey	Biggs	Temp	76	1:38:47
<b>Juniors:</b>					
1	Carla	Petzer	Absa NMMU AC	18	56:42
2	Danielle	Harkin	Absa NMMU AC	18	1:13:54

## 5 km

### MEN

1. Masibulele Heugh (NMMU), 19, 17:29
2. Duwayne Lucas (Ikhamva), 24, 18:39
3. Juwayne Fletcher (Ind), 22, 19:24

### WOMEN

1. Chané Petzer (Ind), 14, 24:28
2. Laura Maritz (Elite), 53, 25:46
3. Kayla Ferreira (Kabega), 11, 26:11

## 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

### .US National Road Racing Championships (1st)

Alexandria, USA, 17 November

(Distance: 12 km; certified loop course with no start/finish separation)

Note: Molly Huddle's time of 37:50 is 1) a world record, 2) USA all-comers record, 3) USA open record, 4) USA women-only record, 5) USA championships record. – Ed.

#### MEN'S CHAMPIONSHIP RACE (gun times)

- |   |                             |                 |
|---|-----------------------------|-----------------|
| 1. Aaron Braun, 26, Englewood, CO       | 34:28 PB                    | \$20,000        |
| [14:29 / 28:48 PB]                      |                             |                 |
| 2. Shadrack Biwott, 28, Folsom, CA      | 34:35 PB                    | 10,000 + 6,000u |
| [14:30 / 28:51]                         |                             |                 |
| 3. Tyler Pannel, 25, Blowing Rock, NC   | 34:37 PB                    | 7,500           |
| [14:29 / 28:51 PB]                      |                             |                 |
| ... 8. Matt Tegenkamp, 31, Portland, OR | 34:50 PB                    | 750             |
| Abdi Abdirahman, 36, Tucson, AZ         | DNF (fell in 9th kilometer) |                 |
| Chris Solinsky, 28, Portland, OR        | DNF                         |                 |

#### ALL-WOMEN'S CHAMPIONSHIP RACE (gun times)

- |                                       |          |                   |
|---------------------------------------|----------|-------------------|
| 1. Molly Huddle, 29, Providence, RI   | 37:50 WR | \$20,000 + 6,000u |
| [15:43 / 31:40]                       |          |                   |
| 2. Shalane Flanagan, 32, Portland, OR | 37:58 PB | 10,000            |
| [15:42 / 31:41]                       |          |                   |
| 3. Laura Thweatt, 24, Boulder, CO     | 39:15 PB | 7,500             |



Molly Huddle (left) and Shalane Flanagan at 7 km in the .US 12 km Championships. [David Monti]



- [16:23 / 32:51 PB]  
 4. Kim Conley, 27, W. Sacramento, CA 39:29 PB 5,000  
 [16:23 / 32:57 PB]  
 ... 6. Sara Hall, 30, Redding, CA 39:54 PB 2,000  
 [16:24 / 33:15]  
 u) Earned USA Running Circuit prize money

### **Semi-Marathon de Boulogne-Billancourt** (17th)

Boulogne-Billancourt, FRA, 17 November

(Distance: 21.1 km; multi-loop course with no start/finish separation)

MEN (gun times)

1. Franklin CHEPKWONY, KEN, 1:00:11 CR\*
2. Abera KASSW BELLAY, ETH, 1:01:07
3. Abraraw MISGANAW TELEGNE, ETH, 1:01:17

WOMEN (gun times)

1. Sarah JEPCHIRCHIR, KEN, 1:10:33
2. Yebrgual MELESE, ETH, 1:11:55
3. Séverine HAMEL, FRA, 1:15:47

### **Ageo City Half Marathon** (26th)

Ageo, JPN, 17 November

(Distance: 21.1 km)

Note: An impressive 18 men broke 63 minutes, and a staggering 192 broke 66 minutes, making it the world's deepest half marathon. – Ed.

MEN (gun times)

1. Takashi Ichida (Daito Bunka Univ.), 1:02:36 PB
2. Kazuto Nishiike (Hosei Univ.), 1:02:36 DB
3. Aritaka Kajiwara (Team Press Kogyo), 1:02:37 PB
4. Koki Takada (Waseda Univ.), 1:02:38 PB
5. Keigo Yano (Nittai Univ.), 1:02:38 PB
6. Takayuki Maeno (Meiji Univ.), 1:02:45 PB
7. Ikuto Yufu (Komazawa Univ.), 1:02:51
8. Daiki Taguchi (Waseda Univ.), 1:02:53 PB
9. Kosuke Tanaka (Waseda Univ.), 1:02:53 PB
10. Yusuke Nishiyama (Komazawa Univ.), 1:02:54 DB

### **Maratón Divina Pastora Valencia** (33rd)

Valencia, ESP, 17 November

(Distance: 42.195 km)

MEN (gun times)

- |                       |            |        |
|-----------------------|------------|--------|
| 1. Felix Keny, KEN    | 2:07:14 CR | € 6000 |
| 2. Amanuel Mesel, ERI | 2:08:17    | 3000   |
| 3. Dejene Yirdaw, ETH | 2:09:55    | 1500   |

WOMEN

- |                             |            |        |
|-----------------------------|------------|--------|
| 1. Azalech Masresha, ETH    | 2:27:01    | € 6000 |
| 2. Faith Jeruto, KEN        | 2:28:54 PB | 3000   |
| 3. Beata Naigambo, NAM      | 2:30:48    | 1500   |
| ... 13. Lauren Stewart, GBR | 2:49:19    |        |

14. Mpho Mabuza, **RSA** 2:49:46

### **Yokohama Women's Marathon** (5th)

(IAAF Silver Label Road Race)

Yokohama, JPN, 17 November

(Distance: 42.195 km; three-lap course, flat but with two 180° turnarounds [turning points at 12.83 km and 36.90 km])

(gun times)

- |                            |         |
|----------------------------|---------|
| 1. Albina Mayorova, RUS    | 2:25:55 |
| [1:13:45 / 1:12:10]        |         |
| 2. Azusa Nojiri, JPN       | 2:28:47 |
| 3. Jessica Augusto, POR    | 2:29:11 |
| 4. Mizuho Nasukawa, JPN    | 2:30:27 |
| 5. Philes Ongori, KEN      | 2:31:21 |
| 6. René Kalmer, <b>RSA</b> | 2:32:39 |

### **ABN-AMRO Zevenheuvelenloop 15 km** (30th)

(Seven Hills Run)

Nijmegen, NED, 17 November

(Flat certified course)

MEN (gun times)

- |                                |       |
|--------------------------------|-------|
| 1. Leonard Patrick Komon, KEN  | 42:15 |
| [14:07 / 28:19]                |       |
| 2. Nicholas Kipkemboi, KEN     | 42:32 |
| [14:17 / 28:28]                |       |
| 3. Daniel Chaves da Silva, BRA | 43:49 |
| [14:36 / 29:18]                |       |

WOMEN (gun times)

- |                         |       |
|-------------------------|-------|
| 1. Tirunesh Dibaba, ETH | 48:43 |
| [16:34 / 32:54]         |       |
| 2. Berhane Adere, ETH   | 50:59 |
| [17:07 / 34:14]         |       |
| 3. Takagi Ayame, JPN    | 51:08 |
| [16:54 / 34:02]         |       |

### **Rock 'n' Roll San Antonio Marathon** (6th)

San Antonio, USA, 17 November

(Distance: 42.195 km; certified point-to-point course, with 3.86 km/9.2% start/finish separation and no elevation loss)

Note: After winning here, Michael Wardian flew immediately to Las Vegas to try and win the Rock 'N' Roll Marathon there, too, which began in the late afternoon. He was on a sub-2:37 pace through halfway, but had to struggle to finish 10th in 2:57:56 (see next result, below). – Ed.

MEN (gun times)

- |                                       |         |
|---------------------------------------|---------|
| 1. Michael Wardian, 39, Arlington, VA | 2:31:19 |
|---------------------------------------|---------|

WOMEN (gun times)

- |                                 |                       |
|---------------------------------|-----------------------|
| 1. Jena Kincaid, 25, Austin, TX | 3:07:41 [3:05:11 net] |
|---------------------------------|-----------------------|

**Rock 'n' Roll Las Vegas Marathon** (9th)

Las Vegas, USA, 17 November

(Distance: 42.195 km; certified loop course with no net elevation loss)

MEN (gun times)

1. Jason Brosseau, 28, Colorado Springs, CO, 2:35:26

...

10. Michael Wardian, 39, Arlington, VA, 2:57:56 (ran San Antonio Marathon in the morning)

[1:18:23 / 1:39:33]

WOMEN (gun times)

1. Nuta Oлару, 43, Boulder, CO, 2:58:46

**CROSS-COUNTRY****Cross de Atapuerca** (10th)

(IAAF Cross Country Permit Meeting)

Atapuerca (Burgos), ESP, 17 November

MEN (9807 m)

1. Imane MERGA, 1988, ETH, 28:59

2. Emmanuel BETT, 1985, KEN, 29:00

3. Teklemariam MEDHIN, 1989, ERI, 29:01

WOMEN (7839 m)

1. Ayalew HIWOT, 1990, ETH, 26:11

2. Linet MASAI, 1989, KEN, 26:20

3. Mercy CHERONO, 1991, KEN, 26:25

**NCAA DIVISION I REGIONAL CROSS-COUNTRY CHAMPIONSHIPS****Northeast Region**

Bronx, USA, 15 November

MEN (10 km)

Teams: 1. Syracuse, 57; 2. Columbia, 78; 3. Iona, 81.

1. Maksim Korolev, SR, Harvard 30:11.6

2. Matt Gillespie, SR, Iona (GBR) 30:18.4

3. Martin Hehir, SO, Syracuse 30:18.5

WOMEN (6 km)

Teams: 1. Providence, 44; 2. Dartmouth, 84; 3. Syracuse, 135

1. Abbey D'Agostino, SR, Dartmouth 19:48.3

2. Emily Sisson, SR, Providence 19:59.1

3. Sarah Mary Collins, SO, Providence(IRL) 20:01.2

**South Central Region**

Waco, USA, 15 November

MEN (10 km)

Teams: 1. Arkansas, 34; 2. Texas, 37; 3. Lamar, 110

1. Stanley Kebenei, JR, Arkansas (KEN) 29:41.3
2. Kemoy Campbell, SR, Arkansas (JAM) 29:41.3
3. Ryan Dohner, SR, Texas 29:52.7

#### WOMEN (6 km)

Teams: 1. Arkansas, 33; 2. SMU, 116; 3. Texas A&M

1. Marielle Hall, SR, Texas 19:40.7
2. Dominique Scott, SO, Arkansas (RSA) 20:04.6
3. Shannon Klenke, JR, Arkansas 20:13.9

### Southeast Region

Earlsville, USA, 15 November

#### MEN (10 km)

Teams: 1. Eastern Kentucky, 58; 2. Virginia, 96; 3. NC State, 101

1. Paul Chelimo, SR, UNC-Greensboro (KEN) 28:37.3
2. Andrew Colley, SR, NC State 28:38.7
3. Soufiane Bouchikhi, SR, Eastern Kentucky (BEL) 28:43.6
- ... 36. David Mokone, JR, Western Kentucky (RSA) 30:09.7

#### WOMEN (6 km)

Teams: 1. Virginia, 57; 2. William & Mary, 69; 3. NC State, 142

1. Emily Stites, SO, William & Mary 19:57.5
2. Cally Macumber, SR, Kentucky 20:07.9
3. Barbara Strehler, SR, Virginia 20:08.7
- ... 31. Kyla van Graan, FR, Coastal Carolina (RSA) 21:23.3

## NEWS

### HIGH SCHOOL STAR MARY CAIN TURNS PRO AT 17

After a record-smashing year which culminated in a 10th place finish at the IAAF World Championships 1500 m, US high school middle distance standout Mary Cain has decided to become a professional athlete at the age of 17. She will continue to be coached by Alberto Salazar and will now be represented by Ricky Simms of PACE Sports Management, reports *Race Results Weekly*.

"For the past couple of months, my family and I have been debating whether I should compete at a collegiate or professional level going forward," Cain said through a statement circulated to the media. "I have decided, and am truly



Mary Cain (right) finishing second at the 2013 USA Outdoor Championships in Des Moines in the 1500 m behind Treniere Moser [David Monti]

excited to announce, that I will be turning pro. I believe that, in the long run, this is the best way for me continue to develop as an athlete."

Cain enjoyed a magical season in 2013 where she excited crowds on both coasts with her record runs. She set USA junior records at 800 m (1:59.51; later surpassed by Ajee' Wilson's 1:58.21), 1500 m (4:04.62), indoor 1500 m and mile (4:11.72/4:28.25), and indoor 3000 m and 2 miles (9:04.51/9:38.68). She won the USA indoor mile title in Albuquerque in March and finished second in the 1500 m in the USA Outdoor Championships in June to earn her place on the World Championships team for Moscow. At 17 years old, she was the youngest-ever athlete to compete in a World Championships 1500 m final.

Simms said that Cain will finish high school as scheduled in the spring of 2014; no plans for college were revealed, except that she planned to continue her education. Her parents, Charlie and Mary, said that they fully supported their daughter's decision to turn pro.

"How to proceed was always going to be a difficult choice," said her father through a statement. "Mary is a straight-A student and will be pursuing a college education while competing. This remains a priority and we think this approach is the best way to balance her educational and athletic goals."

PACE Sports Management represents other important athletes who are coached by Alberto Salazar, including double Olympic Champion Mo Farah, Olympic silver medalist Galen Rupp, and 2009 World Championships 1500 m bronze medalist Shannon Rowbury.

## STATS TIME

This week we include a list of the top ten men in the half marathon. 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.

### 2013 HALF MARATHON: TOP 10 MEN

1:02:45	Stephen Lesego Mokoka	1	East London	21 Sep
1:03:07	Lusapho April	2	East London	21 Sep
1:03:11A	Lloyd Bosman	1	Knysna	06 Jul
1:03:34	Elroy Gelant	3	East London	21 Sep
1:03:43	Joel Mmone	3	Cape Town	30 Mar
1:03:57	Gladwin Sibabalwe Mzazi	4	Cape Town	30 Mar
1:04:09	David Manja	1	Cape Town	13 Oct
1:04:21	Lindikhaya Mthangayi	2	Cape Town	13 Oct
1:04:23	Desmond Mokgobu	5	Cape Town	30 Mar
1:04:34	Kgosi Samuel Tsosane	6	Cape Town	30 Mar

## THIS MONTH IN HISTORY

### 61 years ago: 30 November 1952

Fred Wilt won the US Cross-country Championships over 10 km in Buffalo, New York, in 32:31, beating Horace Ashenfelter by one second to get the second of his three titles. Wilt, who would later become a famous author of athletics training books, never won an Olympic title, but Ashenfelter had won the Olympic steeplechase crown four months before in world record time of 8:45.4. The US national title race has now been run 115 times and is the tenth oldest championship race of any kind in the world.

## SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

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	28:12	Stephen Mokoka	Manchester	26 May
	27:32A	Isiah Koech (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
21.1 km	43:36	Samuel Kori (KEN)		21 Sep
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	62:45	Stephen Mokoka	East London	04 May
	58:41A	Bernard Koech (KEN)		
30 km	58:23	Zersenay Tadese (ERI) 2010		06 Jan
	78:45	Lucky Mohale	Pretoria	
Marathon	73:34	Richard Kiprotich (KEN)		05 May
	71:50	Sammy Kosgei (KEN) 2010		
100 km	71:18p	Dennis Kipruto Kimetto (KEN)		28 Sep
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
	2:08:32	Lusapho April	Hannover	
	2:03:23	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
	8:04:11	Khaya Fokwana	Cape Town	
	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	30:33	Gert Thys	Durban	19 May
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:06	Gert Thys	Cape Town	13 Oct
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:25	Elias Mabane	Pretoria	04 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	10:05:05	Keith Reynolds	Cape Town	28 Sep
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	33:31	Reform Ndlovu	Durban	19 May
	[33:28	Vladimir Kotov (BLR)	Athlone	
15 km	30:35	Tecwyn Davies (GBR) 1988		09 Feb]
	51:26	Eric Coetzee	Constantia	

	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	74:41	Desmond Zibi	East London	21 Sep
	66:42	Martin Rees (GBR) 2003		
25 km	1:46:22	Philemon Mailola	Pretoria	04 May
	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:54:25	Eric Coetzee	Parow	16 Mar
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
Marathon	2:40:26	Reform Ndlovu	Oudtshoorn	03 Feb
	[2:34:33	Vladimir Kotov	Oudtshoorn	03 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	11:35:38	Scott McIvor	Cape Town	28 Sep

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	59:03	Clive Owen	Mamre	15 Jun
21.1 km	85:03	Awie Veldsman	Cape Town	13 Oct
25 km	1:54:16	Aubrey Watson	Pretoria	04 May
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:01:59	Cornet Matomane	Mossel Bay	28 Sep
100 km				

Juniors

10 km	30:14	Tumisang Monatlala	Durban	19 May
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Masibulele Heugh	Jeffreys Bay	05 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:17	Masibulele Heugh	Port Elizabeth	29 Jun
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	32:49	Mapaseka Makhanya	Durban	23 Jun
	30:30	Tirunesh Dibaba (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:11	René Kalmer	Germiston	07 Apr
	48:48	Sara-Isabel Moreira (POR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	74:25	Irvette van Zyl	Lisbon	24 Mar
	65:45A	Priscilla Cheptoo (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:32:18	Tanith Maxwell	Berlin	05 May
	1:21:35	Lucy Kabuu (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:58:12	Kim Laxton	Parow	16 Mar
	1:43:46	Yuko Mizuguchi (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:26	Irvette van Zyl	London	21 Apr
	2:19:57	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	10:38:40	Megan Goliath	Cape Town	28 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:17	Janene Carey	Hammarsdale	28 Jul
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:21	Zola Pieterse	Durbanville	23 Jan

21.1 km	49:35	Priscilla Welch (GBR) 1985		
	80:40	Suzette Botha	Pietermaritzburg	24 Feb
25 km	69:56	Irina Permitina (RUS) 2009		
	1:56:17	Vanessa Bowman	Pretoria	04 May
	1:46:01A	Janine Carey	Pinetown	27 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	12:32:07	Lisa Janse v. Rensburg	Cape Town	28 Sep
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:47	Judy Bird	Durban	19 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	88:01	Jane Mudau	Benoni	14 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:06:48	Ansa Strydom	Brits	05 Oct
	1:55:20A	Janette Schierz-Crusius	Somersset East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	12:32:07	Lisa Janse v. Rensburg	Cape Town	28 Sep
<u>Grandmasters (60+)</u>				
10 km	44:30	Sonja Laxton	Pretoria	31 Aug
15 km	67:26	Sonja Laxton	Brakpan	28 Apr
21.1 km	1:44:55	Liz Ruickbie	East London	21 Sep
25 km	2:21:00	Elaine Greenblatt	Brits	05 Oct
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	36:35	Annie Bothma	Cape Town	13 Oct
	31:42	Zola Pieterse (RSA) 1984		
15 km	56:41	Annie Bothma	Eersterivier	22 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	86:01	Slindile Chili	Richards Bay	30 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

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