

Distance Running Results

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EDITORIAL

Reigning SA marathon champion Benedict Moeng and Kim Laxton started off their 2014 campaigns on a high note in the Xiamen International Marathon in China, where Moeng finished fifth in a personal best 2:10:21 (breaking his former best by almost four minutes!) and Laxton was sixth in 2:46:52, the second fastest of her career.

In the downhill San Diego Holiday Half Marathon Tanith Maxwell finished third in 1:15:59.

Locally, Thozama April scored a convincing victory in the first weekend of racing of the new year when she won the Ocean Basket Bay to Bay 30 km by more than seven minutes in 2:03:01. Second was Fortunate Chidzivo (ZIM), who won the Runners' Memorial 8 km on New Year's Eve. April's time is the third fastest of the past twelve years – behind only Melody Cupido's 2:01:10 in 2004 and Lena Lötter's 2:02:13 in 2012. The men's race went to Anthony Godongwana. Only two category winners of last year won again: Elmarie Coetzee (veteran) and Chet Sainsbury (great-grandmaster). The inaugural 15 km was won by Sityhilo Diko and Zintle Xiniwe.

In the Woodlands Dairy 15 km in Jeffreys Bay Charné Bosman repeated her win of last year, but ran quite a bit slower than her 54:44 of 2013. She finished in 58:25 ahead of 60-year-old Margie Saunders.

This first issue of the 14th year of *Distance Running Results* is, as usual, quite a big one and brings you up to date with the results of races since the last issue of 2013. The regular features Stats Time and This Month in History will resume next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Ocean Basket Bay to Bay 30 km & 15 km, Camps Bay
- * Filadelfia Gardens 10 km, Pretoria
- * Woodlands Dairy 15 km, Jeffreys Bay
- * Runners' Memorial 8 km, Cape Town
- * Stilbaai NSRI 10 km, Stilbaai

- * Engen 10 km, George
- * Onrus 10 km, Onrus
- * Growthpoint Properties Sundowner 10 km, Cape Town
- * Reconciliation Day 10 km, Guguletu
- * Candlelight 10 km, George
- * Avbob 15 km, Table View
- * Correctional Services 10 km, Pollsmoor
- * Ernst Louw Memorial Race, Little Brak River
- * Prison to Prison Marathon & Half Marathon, Rawsonville
- * Langeberg Mall Velskoen 32 km, Klein Vellie 10 km & 5 km, Mossel Bay
- * Die Vlakte Marathon, Half Marathon & 10.4 km, Heidelberg to Witsand
- * Track: Tygerberg Summer Series, Parow

International highlights:

- * Xiamen International Marathon, Xiamen, CHN
- * São Silvestre Road Race, São Paulo, BRA
- * Corrida de São Silvestre, Luanda, ANG
- * Corsa Internazionale di San Silvestro "Boclassic", Bolzano, ITA
- * We Run Rome, Roma, ITA
- * San Silvestre Vallecana, Madrid, ESP
- * San Diego Holiday Half Marathon, San Diego, USA
- * São Silvestre de Lisboa, Lisbon, POR
- * Sanyo Women's Road Race, Okayama, JPN
- * AirTel Delhi Half Marathon, New Delhi, IND
- * Zhuhai International Half Marathon, Zhuhai, CHN
- * XC: Campaccio Classica del Cross, San Giorgio su Legnano, ITA; Antrim International Cross-country, Greenmount, Northern Ireland, GBR; Cross International Venta de Baños, Venta de Baños (Palencia), ESP; USATF National Club Cross-country Championships, Bend, USA
- * Outdoor track: Zatopek Classic, Melbourne, AUS
- * Indoor track: Jay Carisella Track & Field Invitational, Boston, USA

ROAD RUNNING

Ocean Basket Bay to Bay 30 km (38th) & 15 km (1st)

Camps Bay, 5 January

(30 km: certified out-and-back course with loop at far end, very hilly; 15 km: point to point [second half of the long race]. Weather: cool, overcast, headwind on return leg of the 30 km.)

Note: The 2x15 km relay of previous years was replaced by a 15 km. – Ed.

30 km

MEN

1. Anthony Godongwana (Trans) 1:40:20
2. Dicarado Jakobs (Ned Bol) 1:41:13
3. Wanda Roro (Itheko) 1:41:47
4. Bernard Rukadza (ZIM/Gugs) 1:42:45
5. Hein Camphor (NBMC) 1:46:41

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 1:47:49; 2. Graham Katzen (Itheko) 1:53:10; 3. Quinton Prince (Met) 1:55:41. **Masters:** 1. Chris Mitchell (Celtic) 2:03:06; 2. Eric Coetzee (CPUT) 2:04:18; 3. Ludwig Lillie (Durb) 2:05:33. **G'masters:** 1. Barry Bester (Durb) 2:17:58; 2. Albert Williams (Top) 2:28:31; 3. Ivan Marais (Ned) 2:31:09. **G/g'masters:** 1. Chet Sainsbury (Celtic) 2:57:13.

WOMEN

1. Thozama April (Trans) 2:03:01
2. Fortunate Chidzivo (ZIM/Itheko) 2:10:52
3. Bulelwa Simae (Ned) 2:12:13
4. Helene Roux (NBMC) 2:14:07
5. Candyce Hall (NC) 2:14:51

Veterans: 1. Elmarie Coetzee (NBMC) 2:15:53; 2. Sandra van Graan (Edge) 2:18:51; 3. Tracy Forbes (VOB) 2:22:32. **Masters:** 1. Lorraine Rogers (Durb) 2:33:38; 2. Elizabeth Bax (Pine) 2:34:02; 3. Juliet Savini (Durb) 2:34:24. **G'masters:** 1. Veronica van Niekerk (EGA) 2:45:55; 2. Annelie Mader (Durb) 2:50:16; 3. Pixie Sparg (Celtic) 2:53:17. **G/g'masters:** 1. Willemien Smuts (Bloem Ach) 3:12:58.

15 km

MEN

1. Sityhilo Diko (Ned) 51:02
2. Andrew Louw (East) 52:42
3. Envor Pedro(NBMC) 53:02

Veterans: 1. Xolile Macanda (Gugs) 57:38; 2. Shawn Abrahams (Itheko) 58:49; 3. Vaughn Olckers (Herba) 67:28. **Masters:** 1. Kevin Bey-Leveld (Edge) 78:15; 2. Clive Adendorff (In Touch) 83:18; 3. [Illegible] Mostert (Durb) 93:35. **G'masters:** 1. Mohammad Kriel (Ind) 66:49; 2. Paul San Giorgio (VOB) 71:51; 3. Heinrich Dietzsch (VOB) 73:06. **G/g'masters:** 1. Kaare James (Pine) 99:55. **Juniors:** 1. Dean Kucherera (NBMC) 77:09.

WOMEN

1. Zintle Xiniwe (MP) 63:30
2. Jodi Moss (Disc) 64:58
3. Dunya Ansens (Ind) 70:22

Veterans: 1. Wilna Eybers (Strand) 70:37; 2. Marie Louw (NBMC) 70:42; 3. Ester Brink (Strand) 73:52. **Masters:** 1. Olga Howard (Celtic) 72:07; 2. Salome Castelyn (Stell) 77:17; 3. Tina Harkett (AAC) 80:40. **G'masters:** 1. Helen du Plessis (Tyger) 81:52; 2. Marietha Herbert (Bell) 82:55; 3. Robin Sherry (Forest) 91:51. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 1:52:43. **Juniors:** 1. Qadisiyyah Ceres (Ommie) 1:35:49; 2. Moretta September (East) 1:45:14; 3. Leilah Collier (Itheko) 1:48:11.

Filadelfia Gardens 10 km

Pretoria, 4 January
(Loop course)

MEN

1. Stephen Mokoka (Trans) 31:40
2. Wesley Mutai (KEN/Toy) 31:54
3. Vuyisile Tshoba (Trans) 32:12

Veterans: 1. Elias Mabane (Ned) 33:02. **Masters:** 1. Jerome Gcaba (Ind) 44:40. **G'masters:** 1. Mike du Bruto (Irene) 41:16. **G/g'masters:** 1. Andries van der Merwe (Trans) 58:01. **Juniors:** 1. Aubrey Greyling (Mont) 40:30.

WOMEN

1. Myrette Filmalter (Ned) 36:13
2. Thitshaamba Ravhandalala (TUT) 38:35
3. Thembi Baloyi (TUT) 38:40

Veterans: 1. Ronel Thomas (Boxer) 41:13. **Masters:** 1. Ansie Breytenbach (Irene) 47:55.
G'masters: 1. Chanel Stegmann (PMC) 64:45. **G/g'masters:** 1. Deirdre Larkin (Rand)
 61:00. **Juniors:** 1. Hanlie Etsebeth (Monnas) 41:03.

Woodlands Dairy 15 km

Jeffreys Bay, 4 January

(Loop course. Finishers: 538 [down slightly from 543 last year].)

MEN

1	Mariano	Eesou	Absa NMMU AC	22	47:53
2	George	Ntshiliza	Nedbank RC EP	34	50:47
3	Melikhaya	Frans	Nedbank RC EP	21	51:15
4	Gift	Chigomarawa	ZIM	26	51:24
5	Masande	Mlonyeni	Nedbank RC EP	33	51:28
6	Anele	Maliza	Nedbank RC EP	35	52:25
7	Sandile	Ngunuza	Nedbank RC EP	31	52:25
8	Mzwanele	Maphekula	Malabar AC	37	53:00
9	Zolani	Ngqqa	Absa NMMU AC	25	53:20
10	Terrance	Mjekula (1 st vet)	Warriors AC	41	53:30
11	Duwayne	Lucas	Ikhamva AC	24	54:08
12	Hasan	Shire	Malabar AC	21	54:08
13	Mzamo	Fokwana	Charlo AC	36	55:27
14	Christopher	Mabengeza	Nedbank RC EP	47	57:04
15	Alfred	Qogi	Nedbank RC EP	40	57:32
16	Melikhaya	Malinga	Motherwell AC	33	58:09
17	Sakhekile	Mgidi	Temp	29	58:19
18	Luvuyo	Stephen	Nedbank RC EP	43	58:24
19	Thembekile	Msipa	Charlo AC	39	59:33
20	Juwayne	Fletcher	Temp	22	59:42
40-44:					
1	Terrance	Mjekula	Warriors AC	41	53:30
2	Alfred	Qogi	Nedbank RC EP	40	57:32
3	Luvuyo	Stephen	Nedbank RC EP	43	58:24
45-49:					
1	Christopher	Mabengeza	Nedbank RC EP	47	57:04
2	Mutekile	Rasmeni	Maxed Elite EP	49	1:00:05
3	Vernon	Newfeldt	Gelvan AC	47	1:01:41
50-54:					
1	Desmond	Zibi	Ikhamva AC	50	59:55
2	Michael	Bekapi	Maxed Elite EP	52	1:01:09
3	Kenneth	Menze	Nedbank RC EP	52	1:01:15
55-59:					
1	Schoombe	Pretorius	Warriors AC	56	1:11:00
2	Peter	Van Rensburg	Elite AC	55	1:11:46
3	Bennie	Thyssen	St Albans CS EP	56	1:12:03
60-64:					
1	Hannes	Els	Madiba Bay AC	63	1:07:54
2	Sizinzo	Kama	Achilles AAA	62	1:09:12
3	Bruce	McEwan	Achilles AAA	60	1:09:24
65-69:					
1	Brian	Merrington	Kouga Multi S C	66	1:17:24
2	David	O'Rielly	Nedbank RC EP	66	1:22:17
3	Syd	Lippstreu	Crusaders AC	65	1:25:58
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	1:15:49

2	Godfrey	Kariem	Gelvan AC	73	1:24:06
3	Robin	Clark	Achilles AAA	72	1:57:54
75-79:					
1	Paul	Sieberhagen	Temp	78	1:56:39
Juniors:					
1	Ruan	Jonck	St Albans CS EP	17	1:00:07
2	Graham	Reynolds	Bluewater Bay	18	1:15:20
3	Kian	Terblanche	Temp	16	1:22:24
WOMEN					
1	Charné	Bosman	Nedbank RC AGN	38	58:25
2	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	1:08:21
3	Ndileka	Mvakwendlu	Motherwell AC	23	1:09:46
4	Xoli	Madida	Natal Carbineers	29	1:10:55
5	Terri-Lynn	Penney	Run For Life EP	36	1:11:11
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	1:11:15
7	Amore	Strauss	Charlo AC	29	1:11:23
8	Terray	Newcombe	Elite AC	22	1:11:58
9	Trudie	Vermeulen (1 st vet)	Temp	44	1:12:39
10	Marise	Fourie	Temp	35	1:12:50
11	Laura	Maritz	Elite AC	53	1:12:58
12	Grizelda	Pietersen	Maxed Elite EP	45	1:13:50
13	Hlobisile	Madida	Newcastle Harriers	31	1:14:55
14	Jeaun-Mari	Breytenbach	Temp	23	1:15:41
15	Clara	Du Plessis	Temp	32	1:15:46
16	Megan	Wilson (1 st jun)	Charlo AC	18	1:15:51
17	Priscilla	Dyantyi	Nedbank RC EP	39	1:17:04
18	Tania	Jordaan	Charlo AC	37	1:17:07
19	Chine	Pieterse	Berts Bricks	25	1:17:41
20	Treloar	Childs	Walmer AC	50	1:17:42
40-44:					
1	Trudie	Vermeulen	Temp	44	1:12:39
2	Alta	Adlam	Temp	43	1:23:00
3	Priscilla	Maleiba	Gelvan AC	43	1:24:40
45-49:					
1	Grizelda	Pietersen	Maxed Elite EP	45	1:13:50
2	Gail	Klichowicz	Achilles AAA	47	1:19:25
3	Buyelwa	Kobokana	Nedbank RC EP	48	1:21:19
50-54:					
1	Janette	Schierz-Crusius	Body Concept	53	1:11:15
2	Laura	Maritz	Elite AC	53	1:12:58
3	Treloar	Childs	Walmer AC	50	1:17:42
55-59:					
1	Amanda	Wolmarans	Walmer AC	55	1:25:20
2	Elize	Smalberger	St Albans CS EP	58	1:27:08
3	Marietjie	Pietersen	Achilles AAA	57	1:30:55
60-64:					
1	Margie	Saunders	Nedbank RC EP	60	1:08:21
2	Jos	Els	Madiba Bay AC	61	1:39:40
3	Carol	Nepgen	Kowie Striders	62	2:22:38
65-69:					
1	Liz	Grundlingh	Muirite Striders	67	1:33:17
2	Christine	Fourie	Elite AC	67	1:39:24
3	Margaret	Paton	Charlo AC	68	1:44:01
75-79:					
1	Dorothy	Hart	Charlo AC	75	1:57:53

Juniors:

1	Megan	Wilson	Charlo AC	18	1:15:51
2	Nondumiso	Khoza	Natal Carbineers	16	1:29:24
3	Kimberley	Wilson	Charlo AC	18	1:32:45

Runners' Memorial 8 km (41st)

Cape Town, 31 December

(Certified two-loop course – a small and a big loop. Weather: warm and windy. Finishers: 1239 [down from 1451 last year].)

MEN

1	Anthony	Timoteus	UWC	18	26:10
2	Marius	Petersen	Helderberg		26:17
3	Duran	Faro	Pukke NWU	19	27:01
4	Vincent	Fortuin	UWC	18	27:58
5	Raydon	Balie	Wild Runner	29	28:52
6	Daniel	Mannweiler	GER	34	29:30
7	John	September	Celtic	47	29:56
8	Ueli	Bieler	Ind		30:04
9	Ernest	Beukes	Khara Hais Harriers	42	30:58
10	Pehwell	Ntsaluba	Itheke	40	31:01

WOMEN

1	Fortunate	Chidzivo	ZIM/Itheke		31:37
2	Candyce	Hall	Carbineers	29	34:38
3	Kathrin	Mannweiler	GER		35:15
4	Marlize	Vienings	Tygerberg	38	35:49
5	Kayla	De Waal	Ind	13	36:10
6	Kirsten	De Buy	Ind		36:30
7	Nicola	Hendriks	Carbineers	37	36:47
8	Rouxne	Vermaak	Bloemfontein Achilles	27	36:55
9	Veruschke	Kolbe	In Touch	36	38:08
10	Tania	Kapp	New Balance	44	38:35

Stilbaai NSRI 10 km

Stilbaai, 31 December

(Route mostly on tracks and the beach. Finishers: 681 [up from 625 last year].)

Note: Ursula Turck finished tenth overall. – Ed.**MEN**

1	Jan Lubbe	22	40:00
2	André Meyer	16	41:25
3	Christiaan Laubscher		41:31
4	Warren Langridge	29	42:13
5	Helmuth Engelbrecht	47	42:16
6	Juan Steyn	18	43:00
7	Piet Lourens	20	43:35
8	Ulrich Carshagen	23	44:13
9	Gareth Leck	43	44:22
10	Pieter Venter	27	45:02

Veterans: 1. Helmuth Engelbrecht 42:16. **Masters:** 1. Harold Basson 48:24. **Juniors:** 1. André Meyer 41:25.

WOMEN

1	Ursula Turck	41	44:47
2	Thineke Fourie	22	45:09
3	Lisl Grobler	37	46:00
4	Wenda Nel	25	48:37
5	Janeke Turck	14	49:27
6	Lize Marie Gilliomee	23	49:30
7	Marthine Herbert	26	49:57
8	Rene de Wet	49	51:25
9	Mariette Eksteen	32	51:26
10	Marinda Engelbrecht	40	51:35

Veterans: 1. Ursula Turck 44:47. **Masters:** 1. Zanne de Villiers 52:18. **Juniors:** 1. Janeke Turck 49:27.

Engen 10 km

George, 26 December

(Loop course. Finishers: 226 [up from 183 last year].)

Note: René Kalmer finished sixth overall and Melissa van Rensburg 12th. – Ed.

MEN

1	Elroy Gelant	Temp	27	29:38
2	Michael Bailey	Nedbank	30	31:51
3	Elfonzo Pieterse	Nedbank	24	32:49
4	Burt Verster	Tuks	20	35:30
5	Mauritz Janse van Rensburg	Outeniqua Harriers	42	35:59
6	Aldrin Smit	New Balance Eden	38	36:59
7	Dullan Solomons	Nedbank	15	37:32
8	Nuno Thomas	New Balance AGN	51	37:45
9	Dudley April	Nedbank	18	38:03
10	Anton Chevalier	Nedbank	48	38:07

WOMEN

1	René Kalmer	Nedbank CGA	33	36:53
1	Melissa van Rensburg	Nedbank	31	38:08
3	Arne Verster	AS Eagles Club	16	39:15
4	Marrida Leen	Mossel Bay Harriers	16	40:03
5	Mariska Buys	Nedbank	23	40:45
6	Helene Roux	New Balance Wp	29	41:26
7	Clarisha Pieterse	Mossel Bay Harriers	15	44:12
8	Johnene Ralph	Kimberley Road Runners	44	44:40
9	Reon Labuschagne	Temp	15	45:11
10	Naretha Stockenstrom	Temp	45	45:21

Onrus 10 km

Onrus, 21 December

(Loop course. Weather: cool at start with mist, warmer later; high humidity. Finishers: 443 [up from 410 last year].)

Note: William Kaptein got the fastest winning time in this race since Piet Jacobs ran 30:59 in 2006, beating defending champion Sityhilo Diko. In the women's race Ulrica Stander continued her excellent Hermanus streak of victories – she has won her last three races in the seaside town, including two course records in the Total Whale Half Marathon. – Ed.

MEN

1	William	Kaptein	Robertson	31:37
2	Sityhilo	Diko	Nedbank	31:43
3	Pieter	Koopman	Nedbank	32:44
4	Daniel	Minnaar	Worcester	33:27
5	Trevor	Nuku	Itheko	33:29
6	Anton	Waterboer	Robertson	33:47
7	Isaac	Opperman	Korr Dienste	34:07
8	Llewellyn	Groenewald	Maties	34:24
9	Roger	Davids	Robertson	34:51
10	Allistair	Smith	Robertson	36:29

Veterans:

1	Isaac	Opperman	Korr Dienste	34:07
2	John	September	Celtic Harriers	37:06
3	Shaun	Privett	Whalers AC	38:42

Masters:

1	Bennie	Stadler	Achilles AC	37:08
2	Abraham	Fielies	Itheko	37:22
3	Stephen	Parkins	Tygerberg AC	38:47

G'masters:

1	Brian	Rothman	Brackenfell AC	46:34
2	Schalk	Visser	Overkruijn AC	61:43
3	Buks	van Tonder	Worcester AC	65:02

G/g'masters:

1	Riël	Hugo	Durbanville AC	63:49
2	Faffa	Joubert	Paarl AC	71:50

Juniors:

1	Trevor	Nuku	Itheko	33:29
2	Allistor	Smith	Robertson AC	36:29
3	Ignatius	Matema	Whalers AC	38:10

WOMEN

1	Ulrica	Stander	New Balance	37:16
2	Danette	Smith	New Balance	38:47
3	Mia	Bosman	Temp	39:41
4	Ashleigh	Simonis	Tygerberg AC	41:24
5	Mariëtte	Strauss	Tygerberg AC	42:30
6	Ileana	Dreyer	Itheko	42:35
7	Annamari	Storm	Temp	43:37
8	Jana	Taljaard	Stellenbosch AC	43:39
9	Dané	Joubert	Temp	43:46
10	Paola	Vignani	ITA/Nedbank	43:58

Veterans:

1	Paola	Vignani	ITA/Nedbank	43:58
2	Anzel	du Plessis	Whalers AC	45:11
3	Ena	Gouws	Worcester AC	48:56

Masters:

1	Mariëtte	Strauss	Tygerberg AC	42:30
2	Malana	Uys	Temp	44:29
3	Caily	Bredenkamp	Paarl AC	50:03

G'masters:

1	Veronica	van Niekerk	EGA	49:08
2	Helen	du Plessis	Tygerberg AC	50:37
3	Marieta	Herbert	Bellville AC	54:30

G/g'masters:

1	Annatjie	Berntzen	Tygerberg AC	71:38
2	Arlene	Ehrenberg	Whalers AC	79:29

Juniors:

1	Mia	Bosman	Temp	39:41
2	Ashleigh	Simonis	Tygerberg AC	41:24
3	Ileana	Dreyer	Itheko	42:35

Growthpoint Properties Sundowner 10 km

Cape Town, 18 December

(Certified loop course with 2 km out-and-back section at beginning and end. Weather: hot, windy. Finishers: 2409 [down from 2788 last year].)

MEN

1. Mbongeni Ngxazozo (Bon CGA) 31:16
2. Anthony Godongwana (Trans AGN) 31:34
3. Tsungai Mwanengeni (ZIM/NBMC) 32:25 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 32:25; 2. Graham Katzen (Itheko) 34:10; 3. Xolile Macanda (Gugs) 35:49. **Masters:** 1. Eric Coetzee (CPUT) 36:59; 2. Chris Mitchell (Celtic) 38:00; 3. Ludwig Lillie (Durb) 38:54. **G'masters:** 1. Robert Minting (GBR) 46:21; 2. Ivan Marais (Ned) 47:03; 3. Paul San Giorgio (VOB) 47:24. **Juniors:** 1. Raydon Balie (WR) 36:07; 2. Granwin Katzen (Itheko) 37:05; 3. André Afrika (Eerste) 37:09.

WOMEN

1. Zintle Xiniwe (MP) 37:13
2. Thozama April (Trans AGN) 38:12
3. Bulelwa Simae (Ned) 39:55

Veterans: 1. Elmarie Coetzee (NBMC) 42:37; 2. Sandra van Graan (Edge) 43:09; 3. Tracy Forbes (VOB) 44:47. **Masters:** 1. Mariëtte Strauss (Tyger) 43:13; 2. Miema Murray (ORAK) 45:53; 3. Olga Howard (Celtic) 46:39. **G'masters:** 1. Helen du Plessis (Tyger) 52:03; 2. Pixie Sparg (Celtic) 53:00; 3. Marietha Herbert (Bell) 58:09. **Juniors:** 1. Busisiwe Gwala (VOB) 41:14; 2. Jodie Berry (Ned CGA) 47:05; 3. Nocwaka Mthetho (VOB) 48:25.

Reconciliation Day 10 km

Guguletu, 16 December

(Certified loop course. Weather: warm and windy. Finishers: 1126 [up from 917 last year].)

Note: Just nine days after running her first half marathon (see results of the Prison to Prison race below), Annie Bothma (not yet 18 at the time) ran a huge PB here. – Ed.

MEN

1. Mbongeni Ngxazozo (Bon CGA) 30:06
2. Anthony Godongwana (Trans AGN) 30:29
3. Jeromy Andreas (UJ) 31:03
4. Dicardo Jakobs (Ned Bol) 31:06
5. Uveni Kuugongelwa (NAM) 31:14
6. Sityhilo Diko (Ned) 31:32
7. Tsungai Mwanengeni (ZIM/NBMC) 31:33
8. Hein Camphor (NBMC) 31:42
9. Andrew Louw (East) 31:42
10. Marks Mpekula (VOB) 31:44

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 31:33; 2. Graham Katzen (Itheke) 33:52; 3. Dawid Pieterse (Dwars) 34:21. **Masters:** 1. Eric Coetzee (CPUT) 36:46; 2. Eric Mlonyeni (Strand) 39:36; 3. Shafiek Cassiem (Itheke) 39:59. **G'masters:** 1. Albert Williams (Top) 42:32; 2. Albert Mahlahla (Held) 42:48; 3. Paul San Giorgio (VOB) 45:28. **Juniors:** 1. Anthony Timoteus (UWC) 32:10; 2. Granwin Katzen (Itheke) 33:47; 3. Willem ? (Eerste) 34:40.

WOMEN

1. Annie Bothma (Ned) 35:06
2. Helena Iipinga (NAM) 35:10
3. Kanya Mateyisi (Khay) 35:24
4. Ottilie Ahmwala (NAM/MP Transkei) 36:31
5. Thozama April (Trans) 37:20
6. Pamela Moyikwa (VOB) 37:45
7. Zintle Xiniwe (MP) 37:51
8. Busisiwe Gwala (VOB) 38:43
9. Amy Abrahams (UWC) 39:43
10. Fortunate Chidzivo (ZIM/Itheke) 39:59

Veterans: 1. Patricia Adams (Itheke) 42:59; 2. Chantal Simpson (Ned) 44:22; 3. Kathy McQuaide (Celtic) 45:27. **Masters:** 1. Mariëtte Strauss (Tyger) 41:57; 2. Miema Murray (ORAK) 44:59; 3. Olga Howard (Celtic) 46:40. **G'masters:** 1. Helen du Plessis (Tyger) 49:44; 2. Mariëtha Herbert (Bell) 52:31; 3. Ruth Leverton (Pine) 55:21. **Juniors:** 1. Annie Bothma (Ned) 35:06; 2. Pamela Moyikwa (VOB) 37:45; 3. Busisiwe Gwala (VOB) 38:43.

Candlelight 10 km

George, 16 December

(Out-and-back course. Finishers: 132 [down from 191 last year].)

Note: Elroy Gelant and Melissa van Rensburg repeated their wins of last year; Van Rensburg was tenth overall. – Ed.

MEN

1	Elroy Gelant	Temp	29:38
2	Gershwill Jacobs	Nedbank	30:15
3	Elfonzo Pieterse	Nedbank	33:07
4	Godwin Heyns	Hartenbos Drawwers	36:02
5	Dylan van Wyk	Plettenberg AC	36:28
6	Junaud Fortuin	Temp	38:13
7	Aubrey Brinkhuis	Knysna MC	38:33
8	Jugene Moort	Mossel Bay Harriers	38:42
9	Anton Chevalier	Nedbank	38:42
10	Dudley April	Temp	38:57

WOMEN

1	Melissa van Rensburg	Nedbank	38:57
2	Charmaine Lamprecht	Nedbank	46:16
3	Rene Otto	Miway Warriors AC	46:46
4	Suzaan Kruger	Outeniqua Harriers	46:47
5	Belinda Tull	Temp	47:10
6	Mellusca Farnham	Nedbank	47:43
7	Elana Buckley	Nedbank	48:22
8	Janica Labuschagne	Running Inn	49:34
9	Miemie Verbeek	Temp	50:56
10	Margaret von Zeil	Outeniqua Harriers	51:21

Avbob 15 km (33rd)

Table View, 14 December

(Certified loop course. Weather: warm and windy. Finishers: 1051 [up from 971 last year].)

MEN

1. Anthony Godongwana (Trans) 47:04 (R1000)
2. Peter Tsawayo (ZIM/Gugs) 47:49 (R700)
3. Uveni Kuugongelwa (NAM) 47:57 (R350)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 49:51 (R500); 2. Xolile Macanda (Gugs) 54:22 (R300); 3. Henry Wolstenholme (CMS) 54:44 (R200). **Masters:** 1. Eric Coetzee (CPUT) 56:11 (R400); 2. Chris Mitchell (Celtic) 58:01 (R250); 3. Ludwig Lillie (Durb) 58:48 (R150). **G'masters:** 1. Barry Bester (Durb) 62:52 (R300); 2. Albert Williams (Top) 66:42 (R150); 3. Ivan Marais (Ned) 69:57 (R100). **G/g'masters:** 1. Peter Donald (WC) 73:33 (R150); 2. Chet Sainsbury (Celtic) 80:32 (R100); 3. Jopie Hattingh (Bell) 91:41 (R50). **Juniors:** 1. Lungile Mdaka (VOB) 55:23 (R200); 2. William Steyn (Tyger) 58:24 (R150); 3. Darren Bownes (Hout) 60:33 (R80).

WOMEN (Same prize money as men)

1. Helena Iipinga (NAM/Ned) 55:24
2. Ottilie Ahmwala (NAM/MP) 56:31
3. Thozama April (Trans) 58:35

Veterans: 1. Sandra van Graan (Edge) 65:22; 2. Tana Janse van Rensburg (NBMC) 67:57; 3. Patricia Adams (Itheke) 68:07. **Masters:** 1. Lorraine Rogers (Durb) 71:13; 2. Maria Wareing (Legends) 76:49; 3. Maretha de Kock (Bell) 77:38. **G'masters:** 1. Pixie Sparg (Celtic) 80:36; 2. Marietha Herbert (Bell) 83:59; 3. Lyn Wood (NBMC) 96:59. **G/g'masters:** 1. Jean Cammidge (FH) 1:38:20; 2. Jo Goddard (FH) 1:53:29; 3. Bonny Kosmas (Held) 2:07:12. **Juniors:** 1. Ashleigh Simonis (Tyger) 1:02:42; 3. Anja Wolstenholme (CMS) 1:09:58; 3. Leilah Collier (Itheke) 2:02:10.

Correctional Services 10 km

Pollsmoor, Cape Town, 11 December

(Weather: windy at start, with wind dying down later. Finishers: 590.)

MEN

1. Mbongeni Ngxazozo (Bon) 31:49
2. Sityhilo Diko (Ned) 31:59
3. Phumlani Nxusani (Ned) 32:18

Veterans: 1. Graham Katzen (Itheke) 33:47; 2. Flip Jorapetse (SANDF) 35:09; 3. Dion Middelkoop (VOB) 35:12. **Masters:** 1. Eise Geerts (Bell) 39:55; 2. Muizz Okkers (Top) 41:11; 3. Terrance Mazzolini (VOB) 42:57. **G'masters:** 1. Albert Williams (Top) 43:15; 2. Paul San Giorgio (VOB) 44:38. **G/g'masters:** 1. Yusuf Gamaldien (Itheke) 54:58. **Juniors:** 1. Granwin Katzen (Itheke) 34:11; 2. Angelo Matthys (ARD) 36:50; 3. Thaabit Davids (Itheke) 56:42.

WOMEN

1. Tanith Maxwell (Boxer) 35:22
2. Pamela Moyikwa (VOB) 39:24 (1st jun)
3. Candyce Hall (NC) 40:09

Veterans: 1. Coriaan de Villiers (Ned) 41:23; 2. Chantal Simpson (Ned) 43:40; 3. Gail Jacobs (Itheke) 60:37. **Masters:** 1. Mariëtte Strauss (Tyger) 42:26; 2. Charmaine Cupido (Ned) 49:33; 3. Denise Johannes (SH) 52:36. **G'masters:** 1. Theresa Isaacs (VOB) 57:27;

2. Esmé September (SH) 65:17. **G/g'masters:** 1. Carol Gahwiler (VOB) 62:49. **Juniors:** 1. Pamela Moyikwa (VOB) 39:24; 2. Nthuseng Lolwana (VOB) 41:38; 3. Nabeelah Orrie (Itheke) 60:37.

Ernst Louw Memorial Race

Little Brak River, 11 December

(Distance: 10 km. Loop course. Finishers: 165.)

Note: Master Annatjie Botes finished eleventh overall. – Ed.

MEN

1	Elfonzo	Pieterse	Nedbank	24	33:31
2	Elroy	Gelant	Temp	27	33:32
3	Julius	Korkee	Mosselbaai Harriers	29	34:52
4	Selwyn	Losper	Mosselbaai Harriers	49	35:52
5	Siyabonga	Madala	Nedbank	28	36:37
6	Godwin	Heyns	Hartenbos Drawwers	15	37:53
7	Jacques	Mouton	Outeniqua Harriers	35	41:54
8	Granville	Gelant	Temp	15	42:30
9	Dudley	April	Temp	18	42:31
10	Anthonie	Van Bosch	Ladysmith AC	49	42:44

WOMEN

1	Annatjie	Botes	Nedbank	56	44:18
2	Johnene	Ralph	VKRR	44	46:50
3	Cecile	Nel	Hartenbos Drawwers	31	47:05
4	Kleintjie	Van Schalkwyk	Hartenbos Drawwers	50	48:10
5	Minaldi	Phillipson	Temp	29	48:11
6	Maryke	Sass	PetroSA	42	48:16
7	Elzet	Oosthuizen	Hartenbos Drawwers	40	48:44
8	Carla	Coetzee	Nedbank	25	51:06
9	Ronelle	Martin	Temp	29	51:50
10	Helena	Ferreira	NBMC Eden	33	52:56

Prison to Prison Marathon & Half Marathon

Rawsonville, 7 December

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 97; half marathon – 117.)

Marathon

MEN

1	Dicardo	Jakobs	Nedbank	27	2:28:51
2	Thembelani	Zola	Nedbank	38	2:35:30
3	Pieter	Koopman	Nedbank	39	2:38:06
4	Bongile	Tshewula	Eastern	27	2:42:28
5	Gcobani	Ngqola	Western Itheke	42	2:55:36
6	Solly	Van Rooyen	Worcester	50	2:56:32
7	Hassan	Ahmed	Wellington	24	3:03:01
8	Kobus	Meyer	Struisbaai	38	3:06:55
9	Cristo	Dourie	Correc Service	38	3:10:16
10	David	Coligado	USA	35	3:14:36

WOMEN

1	Marlize	Du Toit	Ind	35	3:38:57
2	Martha	Pretorius	SANDF	43	3:46:22

3	Maryna	Bingle	Worcester	49	4:08:46
4	Veronica	Van Niekerk	Grabouw	68	4:11:29
5	Anesca	Davey	Ceres	37	4:21:11
6	Cynthia	Booyesen	Gugs	54	4:24:00
7	Hannelie	Naude	Strand	38	4:27:06
8	Liana	Maree	Stellenbosch	36	4:27:11
9	J.	Van Heerden	Bellville		4:35:17
10	Michelle	Fookwe	Pick 'n Pay	46	4:36:09

Half marathon**MEN**

1	Luyanda	Qolo	Grabouw	21	1:07:54
2	William	Kaptein	Robertson	21	1:08:21
3	Nkosinathi	Sotyantya	Itheko Sport Club	20	1:10:24
4	Wanda	Roro	Nedbank	24	1:11:11
5	Vakalisa	Kopolo	Khayelitsha	36	1:13:03
6	Riaan	Wildskut	Kraaifontein	26	1:13:31
7	Anton	Waterboer	Robertson		1:13:39
8	Johannes	Jansen	Robertson	18	1:13:58
9	Trevor	Nuku	Itheko Sport Club	19	1:14:25
10	Charlton	September	Nedbank	24	1:15:21

WOMEN

1	Annie	Bothma	Nedbank	17	1:19:40
2	Bulelwa	Mtshagi	Celtics	35	1:33:31
3	Busisiwe	Matiwane	Celtics	38	1:35:04
4	Paola	Vignani	Nedbank	49	1:40:43
5	Rachel	Arnott	West Coast	37	1:41:23
6	Ena	Gous	Worcester	43	1:47:29
7	Resia	Swart	Stellenbosch	40	1:49:19
8	S.	Lotheringen	Ind	39	1:51:31
9	Nadine	Pieters	Durbanville	36	1:54:12
10	Judy	Gunterbach	Ind	34	1:54:25

Langeberg Mall Velskoen 32 km, Klein Vellie 10 km & 5 km

Mossel Bay, 7 December

(Out-and-back courses. Finishers: 32 km – 79 [up from 69 last year]; 10 km – 149 [up from 126 last year]; 5 km – 65.)

Note: Master Annatjie Botes was eighth overall in the 32 km and Elize Kloppers tenth. – Ed.**32 km****MEN**

1	Elfonzo	Pieterse	Nedbank RC George	24	1:59:22
2	Melikhaya	Msizi	Knysna Marathon Club	30	2:04:45
3	Siyabonga	Madala	Nedbank RC George	28	2:04:57
4	Gurome	Gelderblom	Mosselbaai Harriers	37	2:11:11
5	Rodney	Halom	Outeniqua Harriers	30	2:13:59

WOMEN

1	Annatjie	Botes	Nedbank RC George	55	2:33:44
2	Elize	Kloppers	Hartenbos Drawwers	43	2:35:29
3	Anel	Van Wyk	Run Walk For Life	34	2:37:45
4	Ruweida	Du Preez	Run Walk For Life	41	2:49:45
5	Johnene	Ralph	Vodacom KBY Road Run	44	2:51:04

10 km

MEN

1	Elroy	Gelant	Ind	27	31:58
2	Gerswill	Jacobs	Nedbank RC George	22	32:05
3	Lindile	Tokota	Nedbank RC George	45	33:19
4	Leon	Adams	Hartenbos Drawwers	19	33:37
5	Vuyo	Witbooi	Outeniqua Harriers	38	35:25

WOMEN

1	Marrida	Leen	Mosselbaai Harriers	16	42:56
2	Cecile	Nel	Hartenbos Drawwers	31	45:04
3	Clarisha	Pieterse	Mosselbaai Harriers	15	46:23
4	Naretha	Stockenstrom	Ind	45	46:46
5	Marie	Wolmarans	Nedbank RC George	54	49:39

5 km

MEN

1	Jowin	Pieterse	Riversdal Superkids	15	18:24
2	Luzane	Pieterse	Riversdal Superkids	14	18:25
3	Devon	De Villiers	Riversdal Superkids	13	18:56

WOMEN

1	Sarah Lee	Pietersen	Riversdal Superkids	13	21:24
2	Brittney-Ann	Meyer	Outeniqua Harriers	13	21:56
3	Elzyné	Warnick	Riversdal Superkids	14	23:58

Die Vlakte Marathon, Half Marathon & 10.4 km

Heidelberg to Witsand, 23 November

(Distances: 42.195 km, 21.1 km & 10.4 km; point-to-point downhill courses. Finishers: marathon – 142; half marathon – 87; 10.4 km – 127.)

Note: Lisl Grobler finished tenth overall in the marathon. For some reason the times in the half marathon were given in hundredths of a second; DRR has rounded these up according to the rules. – Ed.

Marathon

MEN

1	Melikhaya Msizi	Knysna	30	2:36:25
2	Vuyo Witbooi	Outeniqua Harriers	38	2:45:10
3	Rodney Halom	Outeniqua Harriers	30	2:53:17
4	Jugene Maart	Mosselbaai	26	2:55:31
5	Luwaine Duitsjan	Mosselbaai	27	2:58:35

WOMEN

1	Lisl Grobler	Knysna	37	3:15:25
2	Elize Kloppers	Hartenbos	43	3:21:17
3	Sarah Gorden	Whalers	44	3:34:27
4	Lorraine Rogers	Durbanville	54	3:37:20
5	Karen de Kock-Wentzel	Durbanville	37	3:46:53

Half marathon

MEN

1	Elfonso Pieterse	Nedbank	24	1:12:46
2	Archie Boome	Knysna	17	1:16:37
3	Andries Jacobs		33	1:20:18
4	Elton Botha	KMC	20	1:21:53

5	Duahn Vermeulen	Bredardorp	17	1:27:01
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WOMEN

1	Ruweida du Preez	Run/Walk for life	41	1:42:28
2	Carla Beyers		21	1:42:49
3	Sunutte Beyers		53	1:42:51
4	Lee-Anne Stoffberg		30	1:44:58
5	Resia Swart	Stellenbosch	40	1:46:16

10.4 km

MEN

1	Godwin Heyns	Hartenbos Harriers	15	38:01
2	Luciano van Wyk	Knysna	17	39:02
3	Nicolaas Kees	Montagu	51	45:09

WOMEN

1	Cecile Nel	Hartenbos Drawwers	31	47:36
2	Marie Wolmarans	Nedbank	54	50:02
3	Mary-Rose Anderson		22	52:14

TRACK**Tygerberg Summer Series**

Parow, 14 December

MEN

1 mile:

1	Motsau, Jerry	PUK	4:10.38
2	Damon, Bruce-Lynn	WCSS	4:11.19
3	Adriaan, Aldridge	TUT	4:31.39
4	Loseby, Michael	UCT	4:49.85
5	Ramothello, Lenka	UCT	4:50.95

3000:

1	Baloyi, Mthobisi	PUK	8:16.14
2	Tseiso, Moeketsie	PUK	8:16.48
3	Bothebule, Lucas	PUK	8:40.50
4	Byman, Duran	TNLK	8:50.66
5	Louw, Andrew	EAST	8:57.46

YOUTH MEN

800:

1	Williams, Zaid	STRA	1:58.80
2	Wagner, Heinrich	VOB	1:59.14
3	Jones, Juan	WCSS	1:59.67

WOMEN

1000:

1	Makatisi, Blandina	LES	2:53.53
2	Ravhandalala, Thitshaamba	TUT	2:58.53
3	Baloyi, Thembi	TUT	3:00.29
4	Roffey, Anneline	NBMC	3:00.94
5	Palega, Madda	TUT	3:05.94

3000:

1	Makatisi, Blandina	LES	9:33.75
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2	Ravhandalala, Thitshaamba	TUT	10:25.29
3	Palega, Madda	TUT	10:26.34
4	Baloyi, Thembi	TUT	10:29.22
5	Mirenowa, Daihana	TUT	10:56.98

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

Xiamen International Marathon (11th)

(IAAF Gold Label Road Race)

Xiamen, CHN, 2 January

(Distance: 42.195 km, AIMS certified out-and-back course)

MEN (gun times)

1.	Mariko Kiplagat, 1975, KEN	2:08:06	USD 40,000 + 10,000i
2.	Julius Muriuki, 1985, KEN	2:09:28	20,000
3.	Dereje Debele, 1986, ETH	2:09:35	10,000
4.	Peter Kamais, 1976, KEN	2:10:05	5,000
5.	Benedict Moeng, 1983, RSA	2:10:21 PB	3,000

i) Earned time bonus for winning time between 2:07:32 and 2:08:30

WOMEN (gun times)

1.	Mare Dibaba, 1989, ETH	2:21:36 CR*	USD 40,000 + 31,000*
2.	Meseret Legesse, 1987, ETH	2:26:36 PB	20,000
3.	Emebet Etea, 1990, ETH	2:33:51	10,000
4.	He Yinli, 1988, CHN	2:38:18	5,000
5.	Wang Yanfei, 1993, CHN	2:42:16 PB	3,000
6.	Kim Laxton, 1982, RSA	2:46:52	2,500

*) Course record bonus

São Silvestre Road Race (89th)

São Paulo, BRA, 31 December

(Distance: 15 km; one-loop course with negligible start/finish separation)

MEN (gun times)

1.	Edwin Kipsang ROTICH, KEN	43:48 PB	BRL 60,000 (=USD 25,247)
2.	Mark KORIR, KEN	44:09	35,000
3.	Stanley Kipchirchir KOECH, KEN	44:29 PB	20,000

WOMEN (gun times)

1.	Nancy Jepkosgei KIPRON, KEN	51:58 PB	BRL 60,000 (=USD 25,247)
2.	Netsanet Gudeta KEBEDE, ETH	52:08 PB	35,000
3.	Jackline Juma SAKILU, TAN	52:29	20,000

Corrida de São Silvestre (57th)

Luanda, ANG, 31 December

(Distance: 10 km)

MEN (gun times)

1. Stanley Biwott, KEN, 28:31
2. Yewew Alamirew, ETH, 28:34
3. Edwin Kipyego, KEN, 28:39
4. Zersenay Tadese, ERI, 28:43

WOMEN (gun times)

1. Priscah Jeptoo, KEN, 32:10
2. Flomena Daniel, KEN, 32:23
3. Poline Njeru, KEN, 32:59

Corsa Internazionale di San Silvestro "Boclassic" (38th)

Bolzano, ITA, 31 December

(Distances: Men, 10.05 km (8 laps); women, 5.05 km (4 laps). Course: 1250 m circuit, flat with sharp turns and cobblestone surfaces.)

ELITE MEN (extended gun times)

1. Imane Merga, 1985, ETH, 28:43.8
2. Wilson Kiprop, 1987, KEN, 28:43.9
3. Aziz Lahbabi, 1991, MAR, 28:50.8
4. Jairus Birech, 1992, KEN, 28:59.5
5. Leon Ndiema, 1990, KEN, 29:04.1
- ... 7. Edwin Soi, 1986, KEN, 30:00.5

ELITE WOMEN (extended gun times)

1. Maryam Yusuf Jamal, 1984, BRN, 16:00.6
2. Gladys Cherono, 1983, KEN, 16:01.8
3. Afera Godfay, 1991, ETH, 16:19.2
4. Worknesh Degefa, 1990, ETH, 16:25.5
5. Margherita Magnani, 1987, G.A. Fiamme Gialle, 16:27.6
6. Christelle Daunay, 1974, FRA, 16:35.9

We Run Rome

Roma, ITA, 31 December

(Distance: 10 km)

MEN (gun times)

1. Cyprian Kotut, KEN, 28:17 PB
2. Evans Kiplagat, KEN, 28:48
3. Andrea Lalli, ITA, 29:23

WOMEN (gun times)

1. Tirunesh Dibaba, ETH, 32:00
2. Josephine Chepkoech, KEN, 32:29
3. Valeria Straneo, ITA, 33:14

San Silvestre Vallecana (49th)

Madrid, ESP, 31 December

(Distance: 10 km; certified point-to-point course with 55 m elevation loss [EXTREMELY aided, not record-standard])

MEN (net times)

1. Leonard Patrick Komon, KEN, 28:02
2. Ayad Lamdassem, ESP, 29:05
3. Roberto Alaiz, ESP, 29:08

WOMEN (net times)

1. Linet Masai, KEN, 31:33
2. Malika Asahssah, MAR, 31:57
3. Rita Jeptoo, KEN, 31:59
- ... 5. Jessica Augusto, POR, 32:58

San Diego Holiday Half Marathon

San Diego, USA, 29 December

(Distance: 21.1 km; point to point, not record eligible [217.6 m drop from start to finish])

MEN (extended gun times)

1. Ben Bruce, 31, Flagstaff, AZ 1:04:15.0 \$750
2. Juan Paredes, 23, Santa Ana, CA 1:06:19.2 500
3. Dylan Knight, 24, Corona, CA 1:06:51.2 250

WOMEN (extended gun times)

1. Emily Gordon, 20, Los Angeles, CA (CAN) 1:14:15.3 \$750
2. Elisa Karhu, 21, San Diego, CA (FIN) 1:14:41.8 500
3. Tanith Maxwell, 37, RSA 1:15:58.7 250

São Silvestre de Lisboa (6th)

Lisbon, POR, 28 December

(Distance: 10 km [elite women given a head start])

MEN (gun times)

1. Rui Silva, Sporting Clube de Portugal, 29:45
2. Ricardo Ribas, Sport Lisboa e Benfica, 29:47
3. João Pereira, Sport Lisboa e Benfica, 30:44

WOMEN (gun times)

1. Ana Dulce Félix, Maratona Clube de Portugal, 32:22
2. Jéssica Augusto, Nike, 32:43
3. Carla Rocha, Sporting Clube de Portugal, 33:57

Sanyo Women's Road Race (32nd)

Okayama, JPN, 23 December

(Distance: 21.1 km)

1. Sally Kaptich Chepyego, KEN/Kyudenko, 1:08:24 CR*
[16:38 / 32:58 / 48:50]
2. Yukiko Akaba, 1:09:24
3. Felista Wanjugu, KEN/Universal Entertainment, 1:09:36
4. Reia Iwade, 1:09:45
5. Sayo Nomura, 1:10:03

... 7. Desiree Davila, USA, 1:10:51

AirTel Delhi Half Marathon (8th)

New Delhi, IND, 15 December

(Distance: 21.1 km; AIMS certified)

Note: The top results were published in the special issue in the middle of December. Here are deeper results. – Ed.

MEN (gun times)

1. Atsedu Tsegay, ETH	59:12	CR	USD 25,000 + 7,500*
2. Geoffrey Kipsang, KEN	59:30		18,000
3. Wilson Kiprop, KEN	59:49		12,000
4. Kenneth Kipkemoi, KEN	59:55		8,000
5. Nicholas Kipkemboi, KEN	1:00:24		6,000
6. Philemon Rono, KEN	1:01:07		5,000
7. Gladwin Mzazi, RSA	1:01:12	PB	4,000
8. Edwin Kipyego, KEN	1:01:21		3,000
9. Leonard Korir, KEN	1:01:25		2,000
10. Richard Mengich, KEN	1:01:27		1,000

*) Course record bonus

WOMEN (gun times) -

1. Florence Kiplagat, KEN	1:08:00	USD 25,000
2. Gladys Cherono, KEN	1:08:03	18,000
3. Lucy Kabuu, KEN	1:08:10	12,000
4. Meseret Hailu, ETH	1:09:05	8,000
5. Wude Alalew, ETH	1:09:21	6,000
6. Emily Chebet, KEN	1:09:22	5,000
7. Alice Kimutai, KEN	1:10:09	PB 4,000
8. Yebrugual Melese, ETH	1:11:59	3,000
9. Lineth Chepkurui, KEN	1:12:01	2,000
10. Paskalia Kipkoech, KEN	1:12:02	1,000

Zhuhai International Half Marathon

Zhuhai, CHN, 15 December

(Distance: 21.1 km)

MEN

1. Mosinet Geremew, ETH	1:02:47	USD 6000
2. Abebe Negewo Degefa, ETH	1:02:47	5000
3. Adugna Takele Bikila, ETH	1:02:48	4000

WOMEN

1. Tadelech Bekele Alemu, ETH	1:10:58	USD 6000
2. Betelhem Moges Cherenet, ETH	1:11:00	5000
3. Atsede Baysa Tesema, ETH	1:11:12	4000

CROSS-COUNTRY**Campaccio Classica del Cross** (57th)

(IAAF Cross-country Permit Meeting)

San Giorgio su Legnano, ITA, 6 January

MEN (10 km)

1. Albert Rop, KEN, 28:19
2. Japhet Korir, KEN, 28:22
3. Imane Merga, ETH, 28:25
4. Kenneth Kipkemoi, KEN, 28:30
5. Conseslus Kipruto, KEN, 28:47

WOMEN (6 km)

1. Hiwot Ayalew, ETH, 18:59
2. Senbere Teferi, ETH, 19:06
3. Linet Masai, KEN, 19:09
4. Mimi Belete, BRN, 19:17
5. Josephine Chepkoech, KEN, 19:41
6. Milcah Chemos, KEN, 20:23

Antrim International Cross-country

(IAAF Permit / NI & Ulster Senior XC Championships / British Athletics Cross Challenge)

Greenmount, Northern Ireland, GBR, 4 January

SR. MEN (10 km)

- | | |
|---------------------------|-------|
| 1. Japhet Korir, KEN | 28:40 |
| 2. Thomas Akeyo, UGA | 28:42 |
| 3. Emmanuel Bett, KEN | 28:43 |
| 4. Cornelius Kangogo, KEN | 29:14 |
| 5. Titus Mbishei, KEN | 29:30 |

SR. WOMEN (5.6 km)

- | | |
|----------------------------|-------|
| 1. Mimi Belete, BRN | 18:07 |
| 2. Maryam Yusuf Jamal, BRN | 18:08 |
| 3. Almensh Belete, BEL | 18:21 |
| 4. Fionnuala Britton, IRL | 18:23 |
| 5. Charlotte Purdue, GBR | 18:28 |

Cross International Venta de Baños (34th)

Venta de Baños (Palencia), ESP, 15 December

MEN (10575 m):

1. Cyprian Kotut, KEN, 31:58
2. Jairus Birech, KEN, 31:59
3. Iván Fernández, ESP, 32:32
4. Geoffrey Kusuro, UGA, 32:44
5. Javier Guerra, ESP, 32:48

WOMEN (6775 m):

1. Mercy Cherono, KEN, 23:08
2. Ababel Yeshaneh, ETH, 23:11
3. Gorreti Jepkoech, KEN, 23:29

USATF National Club Cross-country Championships

Bend, USA, 14 December

(Distances: open men, 10 km; open women, 6 km; masters men, 10 km; masters women, 6 km)

Note: *Race Results Weekly* reported that "the story of this meet was the extremely tough course. With challenging switchbacks, long steep hills, treacherous turns and a combination of mud, slush, and soft grass, the meet turned out to be of true European cross-country style, just as meeting director Max King had envisioned. Times were thrown out the window, creating a pure 'survival-of-the-fittest' race where those who went out conservatively and gradually increased the pace did best."

OPEN MEN

1. Joseph Gray, 29, Club Northwest	31:05
2. Sean Quigley, 28, Boulder Track Club	31:11
3. Maverick Darling, 24, Wisconsin Runner Racing Team	31:18
4. Brent Vaughn, 29, Champions League Athletic Performance	31:20
5. Brendan Gregg, 24, Hansons-Brooks Distance Project	31:20
... 168. German Fernandez, 23, Nike	34:37

MASTERS MEN

1. Lee Troop, 40, Boulder Track Club (AUS)	33:37
2. Gregory Mitchell, 40, Unattached	34:10
3. Uli Steidl, 41, Seattle Running Club	34:29

OPEN WOMEN

1. Laura Thweatt, 24, Boulder Track Club	21:43
2. Amy Van Alstine, 26, Team Run Flagstaff	22:03
3. Deborah Maier, 23, Beasts TC	22:06
4. Angela Bizzarri, 25, Beasts TC	22:07
5. Kellyn Johnson, 27, Team Run Flagstaff	22:15
... 28. Lauren Fleshman, 32, Oiselle-OR	22:49

MASTERS WOMEN

1. Gwen Lapham, 43, Club Northwest	24:35
2. Lisa Nye, 45, Central Oregon Running Klub	24:45
3. Sonja Friend-Uhl, 42, Atlanta Track Club	24:52

OUTDOOR TRACK

Zatopek Classic (53rd)

(Australian 10000 m Championships and Commonwealth Games Selection Trial for Men & Women)

Melbourne, AUS, 12 December

MEN

1. Sam Chelanga, 1985, KEN	27:46.06
2. Collis Birmingham, 1984, EUREKA ATHLETIC	27:56.22
3. Harry Summers, 1990, NEW SOUTH WALES	28:16.05

WOMEN

1. Nikki Chapple, 1981, BOX HILL	32:56.22
2. Jessica Trengove, 1987, SOUTH AUSTRALIA	33:08.26 PB
3. Milly Clark, 1989, NEW SOUTH WALES	33:27.80 PB

INDOOR TRACK

Jay Carisella Track & Field Invitational

Boston, USA, 14 December

WOMEN

5000:

- | | |
|--------------------------------|----------|
| 1. Abbey D'Agostino, Dartmouth | 15:40.55 |
| 2. Lucy Young, Northeastern | 17:08.75 |
| 3. Megan Papp, Sacred Heart | 17:42.15 |
-

BACKGROUND

Former South African ultradistance star Bob de la Motte, who nowadays lives in Perth with his family, has sent the following article to encourage the running fraternity to assist former Two Oceans winner Thulani Sibisi, who is experiencing health and financial problems. The phrase "March this year" refers to March 2013.

THE PLIGHT OF TWO OCEANS CHAMPION SIBISI

By Bob de la Motte

When I caught up with Thulani Sibisi in South Africa in March this year, he had just been diagnosed with prostate cancer. I had not seen Sibisi since 1987 and we had a fantastic catch-up. Prior to his diagnosis he was still running competitively, jostling with the likes of Derek Daniels, and planning to win a few M60 titles later in the year when he turned 60. Tragically, it was not to be.

He underwent surgery and has had a very tough recovery. Just before Madiba passed away, he went through an incredibly tough patch and one of his relatives e-mailed me to confirm he was in dire health. He survived that patch and it spurred me to make contact with the Two Oceans committee and point out that a former winner was experiencing dreadful health and they ought to make contact with him before he went the same ignoble way as Gabashane Rakabaele and Thompson Magawana - both major ambassadors for getting the Two Oceans on the global radar, and yet they passed away without anyone on the Two Oceans committee having any idea about their fate. These guys, like Sibisi, never asked for help or money - they simply vanished.

The greatest achievement in his life was winning the Two Oceans in 1986 and he has always remained a great ambassador to the race and SA road running. I believe he was one of the managers who looked after the SA athletes in Barcelona and then again at one or two World Championships. He told me that the sport has become a major political power play - something we have all witnessed in the past year or longer - and he had no interest in the politics. His interest was in the sport and looking after the athletes.

In 1985 I won the JSE (now City to City) and Sibisi ran second, even though he had not been selected in the Transvaal team. Six months later he won the Two Oceans and I won the Korkie, both as members of RAC. He told me in March this year that he approached Johann Rupert, who he used to work for as a gardener, and asked Rupert to pay for his air ticket to the Two Oceans, because he was going to win the race. Rupert (mischievously) said that was fine, but if Sibisi didn't win, he would have to pay him back. Sibisi said, "Don't worry, I am going to win."

Sibisi then confessed that Rupert flew him down first class and booked him into a top hotel. He was overwhelmed by the man's generosity.

Anyway, the Two Oceans eventually gave Sibisi a call and he was overcome by the consideration and contact. In defence of the Two Oceans organisers, one must say that they were still of the belief that Sibisi was a member of RAC and would be well looked after. I do not know when or why Sibisi left RAC, but he certainly is no longer a member and consequently a very isolated and proud black South African, having it very tough in Soweto. He never asked me for any assistance.

When I finally made contact with Sibisi in March this year, I was totally unaware of his health. My respect for the man as an RAC clubmate, a fellow competitor and a fellow South African was such that I, for 26 years, had had this real need to reconnect, as I had experienced for Hos Tjale. These things happen when you live thousands of miles away from South Africa and reflect on extraordinary people and equally extraordinary times in history.

Sibisi and I won many many team prizes together as members of a powerhouse RAC. I was most often the last team member to score, such was the depth of talent. Sibisi was also a committee member of RAC and suffered the humility of being arrested not once but several times on "pass law" offences – while he was merely running through Rosebank in Johannesburg without his "pass" in the 1980s. Today very few people in South Africa would be able to understand what he had to put up with and he did all of that with great dignity and always competed as a true sportsman.

The fastest 20-mile training run I ever did was one Sunday morning with Plaatjes, the late Kenny Jacobs and Sibisi. Plaatjes and Jacobs were fine-tuning for the Nashua Marathon a few weeks later and so we ran the final 20 miles of the course. Boy, did we fly, and Jacobs never stopped talking and cracking jokes the whole way.

My request to you, as members of the SA running fraternity who were all witness to the prowess of the "Madiba runners" in the 1980s in South Africa, is merely to send him an e-mail or SMS of friendship and recognition. And I encourage you to forward this request to other mutual friends and road running enthusiasts who might remember Sibisi to e-mail him a note of recognition and support.

His e-mail address is thulanisibisim@gmail.com and his cellphone number is +27 8347 13193

Incidentally, I have coined the name "Madiba runners" as a reference to black runners in the apartheid era who won national races at the marathon and beyond, including a Comrades top 10 and a podium finish at Two Oceans, Korkie and JSE. Names like Plaatjes, Rakabaele, Magawana and Tjale are at the forefront. They ran the hard yards followed by many more highly talented, world class runners, e.g. Seleke, Moshaba, Choeru ... and many more.

Seasons greetings and wishing you good health for 2014 and beyond.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the last compilation of 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		
	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:36	Samuel Kori (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	61:12	Gladwin Mzazi	New Delhi	15 Dec
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	78:45	Lucky Mohale	Pretoria	04 May
	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		

30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:03:23	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	8:04:11	Khaya Fokwana	Cape Town	28 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	30:33	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	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[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
32 km:	2:23:58	Stephen Seema	Johannesburg	24 Nov
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		

WOMENOpen

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
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:40	Suzette Botha	Pietermaritzburg	24 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:17	Vanessa Bowman	Pretoria	04 May
	1:46:01A	Janine Carey	Pinetown	27 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	12:32:07	Lisa Janse v. Rensburg	Cape Town	28 Sep
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

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	Somerset 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	41:58	Margie Saunders	Port Elizabeth	30 Nov
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	3:16:32	Margie Saunders	Port Elizabeth	07 Dec
100 km				
<u>Juniors</u>				
10 km	35:06	Annie Bothma	Guguletu	16 Dec
	31:42	Zola Pieterse (RSA) 1984		
15 km	56:41	Annie Bothma	Eersterivier	22 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	79:40	Annie Bothma	Rawsonville	07 Dec
	1:09:05	Delilah Asiago (KEN) 1991		

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