

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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Publisher: Riël Hauman

EDITORIAL

The best South African performance of the weekend came from Stephen Mokoka, who won the Bank of Scotland Great Scottish Run Half Marathon in 61:25, just slightly slower than the list leading time he ran earlier this year in Copenhagen.

Locally, the Uthungulu Marathon in Richards Bay went to foreigners, Stephen Katam (KEN) in 2:15:14 and Thabita Tsatsa (ZIM) in 2:55:02 respectively.

The 10 km at the Michell's Pass races in Ceres (results in last week's DRR) was the Boland Championships.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Chappies Challenge Half Marathon & 10 km, Hout Bay
- * Uthungulu Marathon, Umfolozi to Richards Bay
- * Windpomp Half Marathon & 10 km, Graaff-Reinet
- * Drakensberg Logistics LAC Night Race, Ladysmith
- * Cape Gate 10 km, Brackenfell
- * Kromberg & Schubert 25 km & 15 km, Brits
- * Value Logistics Ou Voetpad 10-miler & 6-miler, Pretoria
- * PetroSA Marathon, Half Marathon & 10 km, Mossel Bay
- * Pam Golding Spring Health 10 km, George
- * Moore Stephens 10 km Night Race, Stellenbosch

International highlights:

- * Rock 'n' Roll Maratona e Meia Maratona de Lisboa & Marathon, Lisboa, POR
 - * AMGEN Bredase Singelloop Half Marathon, Breda, NED
 - * Medtronic Twin Cities Marathon, Minneapolis to St. Paul, USA
 - * Bank of Scotland Great Scottish Run Half Marathon, Glasgow, SCO
 - * Sedan-Charleville, Charleville, FRA
 - * Kosice Peace Marathon, Kosice, SVK
 - * Lucky Star Marathon, Half Marathon & 10 km, Swakopmund, NAM
 - * XC: Arkansas Chile Pepper Cross-country Festival, Fayetteville, USA; Greater Louisville Cross-country Classic, Louisville, USA
 - * Track: Asian Games, Incheon, KOR
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CORRECTIONS

There have been slight changes in the times of some runners in the Cape Town/SA Marathon (results in DRR 14:38), while two male runners, Lucas Jani and Thabo Motaung, were omitted from the first set of results announced. The change in times resulted in Anthony Godongwana receiving the bronze medal in the national championships race and not Charles Tjiane. In the women's race the silver and bronze medals (behind champion Zintle Xiniwe) went to Nomvuyisi Seti and Shani Silver (not to Paulina Njeya and Keneilwe Sesing, neither of whom was eligible for the national championships). Here is a corrected list of the top twenty.

MEN - 1. William Koitile Kibor (KEN) 2:10:45; 2. Henry Kipsigei Chirchir (KEN) 2:12:36; 3. Josphat Kamzee Jepkopol (KEN) 2:13:02; 4. Shadrack Kemboi (KEN) 2:14:15; 5. Hillary Kipkosgei Yego (KEN) 2:15:30; 6. Nicholas Kipngeno Kemboi (QAT) 2:16:10; 7. Desmond Mokgobu 2:16:14; 8. Laban Kipkemoi Moiben (KEN) 2:16:48; 9. Leswene Africa Mailola 2:17:58; 10. Motlokoa Nkhabutlane (LES) 2:18:40; 11. Lucas Jani 2:20:24; 12. Anthony Godongwana 2:21:15; 13. Charles Tjiane 2:21:16; 14. Samuel Seun Moleshioa 2:22:11; 15. Tumelo Mahlangu 2:22:34; 16. Siviwe Nkombi 2:22:57; 17. Lucas Raseruthe (LES) 2:23:47; 18. Thabo Motaung 2:24:35; 19. Hein Camphor 2:25:19; 20. Duane Fortuin 2:25:37.

WOMEN - 1. Meseret Mengistu Biru (ETH) 2:30:57; 2. Goitetom Haftu Tesema (ETH) 2:31:55; 3. Beatrice Toroitich Jepkemoi (KEN) 2:33:16; 4. Amelework Fekadu Boshu (ETH) 2:36:12; 5. Netsenet Achamo Abeyo (ETH) 2:36:53; 6. Melka Mulu (ETH) 2:37:48; 7. Zintle Xiniwe 2:41:49; 8. Alemtsehay Hailu Kakissa (ETH) 2:42:45; 9. Paulina Njeya 2:46:51; 10. Thabita Tsatsa (ZIM) 2:48:31; 11. Lineo Chaka (LES) 2:49:42; 12. Keneilwe Sesing 2:56:50; 13. Melanie van Rooyen 2:58:39; 14. Samukeliso Moyo (ZIM) 2:59:37; 15. Nomvuyisi Seti 3:00:51; 16. Danette Smith 3:01:15; 17. Shani Silver 3:04:42; 18. Ursula Turck 3:05:01; 19. Candyce Hall 3:05:47; 20. Ursula Frans 3:06:36.

The category results for the SA Championships as published in DRR 14:38 were largely correct, with the exception of the male grandmasters. Here the correct category medallists were: 1. Stephen Seema 3:11:05; 2. Michael Langa 3:12:03; 3. Paulus Masilela 3:15:45.

ROAD RUNNING

Chappies Challenge Half Marathon & 10 km

Hout Bay, 5 October

(Distances: 21.1 km & 10 km; certified hilly out-and-back courses)

Note: Both Candyce Hall and Nancy Will are continuing their frenetic chase after racing kilometres and ran their second race in two days here (after also competing in the Cape Gate 10 km the previous day). Since 17 September Hall has now raced two 10 km events, one half marathon and one marathon for a total of 83.3 km in 19 days, while Will went even better with two marathons within six days (!), a half marathon and a 10 km for a total of 115.5 km in the same period, or 6.1 km every day. – Ed.

Half marathon

MEN

1. Siviwe Nkombi (Itheko) 1:10:31
2. Xolise Botata (VOB) 1:12:10
3. Vakalisa Kopololo (Khay) 1:12:59

Veterans: 1. Petrus Olyn (East) 1:18:49; 2. Youssef Kannouni (NBMC) 1:22:05; 3. Lawrence Chipangaan (Gallop) 1:23:32. **Masters:** 1. Monde Tutani (Gugs) 1:24:42; 2. Robert Fisher (Ned) 1:37:32; 3. Willie Coetzee (WC) 1:37:54. **G'masters:** 1. Albert Williams (Top) 1:39:04; 2. Mervin Smith (Celtics) 1:46:49; 3. Brian Merriweather (Edge) 1:49:20.

WOMEN

1. Candyce Hall (NC) 1:30:12
2. Kutlwano Ramaboa (WC) 1:30:58
3. Obertina Kanyongo (ZIM/WC) 1:34:00 (1st vet)

Veterans: 1. Obertina Kanyongo (ZIM/WC) 1:34:00; 2. Elizabeth de Gouveia (Durb) 1:40:26; 3. Jill [illegible] (VOB) 1:41:58. **Masters:** 1. Paola Vignani (Ned Bol) 1:44:06; 2. Esterlene Levendal (IT) 1:57:18; 3. Amanda Jackson (Stella) 2:00:20. **G'masters:** 1. Nancy Will (Pine) 1:46:18; 2. Ruth Leverton (Pine) 2:12:36; 3. Avril Delapelin-Dumont (WC) 2:22:26.

10 km

MEN

1. Gerswill Jacobs (Ned) 31:19
2. Siyabulela Mpongwana (VOB) 33:15
3. Akhona Makila (VOB) 33:15

Veterans: 1. Xolile Macanda (Gugs) 35:11; 2. Ngcwama Sabelo (Celtics) 35:44; 3. Paul Conradie (Ned) 36:24. **Masters:** 1. Goodman Mpukane (Gugs) 41:46; 2. Allan Ryninks (WR) 44:06; 3. Angus Kleinsmith (SH) 47:38. **G'masters:** 1. Paul San Giorgio (VOB) 48:03; 2. Neil Ebing (WPCC) 49:22; 3. Ian Goddard (FH) 65:46. **Juniors:** 1. Siyabusa Macanda (Strand) 36:17; 2. Yanga Keli (Sanlam) 38:43; 3. Dale Hendricks (Itheko) 58:00.

WOMEN

1. Busisiwe Matiwane (Celtics) 41:30
2. Julie Huckle (Hout) 41:57
3. Charmaine Cupido (Ned) 44:37 (1st mast)

Veterans: 1. Sue Zoltner-Forbes (Satori) 45:22; 2. Michelle Collins (SH) 54:56; 3. Elizabeth Small (Edge) 55:46. **Masters:** 1. Charmaine Cupido (Ned) 44:37; 2. Carlyn Adams (VOB) 54:03; 3. Hillary Rhode (Ravens) 54:27. **G'masters:** 1. Helen du Plessis (Tyger) 52:13; 2. Theresa Isaacs (VOB) 55:31; 3. Pixie Sparg (Celtics) 56:09. **Juniors:** 1. Londeka Miya (Gugs) 59:00.

Uthungulu Marathon

Umfolozi to Richards Bay, 5 October
(Distance: 42.195 km; point-to-point course)

MEN

1. Stephen Katam (KEN/Phantane) 2:15:14 (R20 000)
2. Nkosikhona Mhlakwana (Durban Runners) 2:15:46 (R10 000)
3. Joseph Munyoki (KEN/Phantane) 2:16:35 (R6000)
4. Nkosikhona Nyanakazi (Phuma KZN) 2:16:43 (R4000)
5. Elmore Sibanda (ZIM/Maxed Elite) 2:16:46 (R2000)
6. Siyabonga Nkonde (Boxer) 2:16:52
7. Mandayile Khatoane (Phantane) 2:27:14
8. Malusi Dlomo (Nedbank) 2:27:44
9. Eric Ngubene (Nedbank) 2:27:29
10. Jabulani Mabaso (Maxed Elite) 2:28:29

WOMEN (Same prize money as men)

1. Thabita Tsatsa (ZIM/Maxed Elite) 2:55:02
2. Paulina Njeya (Nedbank) 3:09:42
3. Pasca Lepheana (Ind) 3:24:48
4. Priscilla Dlamini (Maxed Elite) 3:27:23
5. Precious Duma (Maxed Elite) 3:28:03

6. Iris Ndlovu (NRB Harries) 3:28:31

Windpomp Half Marathon & 10 km

Graaff-Reinet, 4 October

(Distances: 21.1 km & 10 km. Finishers: half marathon – 157; 10 km – 74.)

Half marathon

MEN

1	Andre	Ketchem	X-Cel AC	30	1:06:43
2	Sipho	November	Graaff-Reinet RC	33	1:11:58
3	Deon	Appollis	Sunninghill AC	35	1:14:12
4	Robert	Matthys	Maxed Elite EP	38	1:15:37
5	Daryl	North	Achilles AAA	37	1:17:23
6	Jan	Fick (1 st vet)	Graaff-Reinet RC	49	1:17:56
7	Eric	Foendien	Graaff-Reinet RC	36	1:20:50
8	Jacques	Barnard	Despatch AC	38	1:21:03
9	Alfred	Malotana	Nedbank RC EP	44	1:21:55
10	Mauritz	Pretorius	Despatch AC	24	1:24:50
11	Michael	Prince	Nedbank RC EP	40	1:25:27
12	Hein	Lodewyks	Madibaz AC	32	1:26:35
13	Robin	Fourie (1 st mast)	Achilles AAA	51	1:27:19
14	Wayne	Mitchell	Achilles AAA	41	1:27:51
15	Graham	Terblanche	Madibaz AC	49	1:30:43
16	Frank	Piron	Charlo AC	51	1:30:47
17	Anthony	Button	Madibaz AC	52	1:32:00
18	Errol	Whittal	Aspen Pharmacare	39	1:32:52
19	Graham	Eshmade	Crusaders AC	37	1:33:52
20	Tertius	Reed	Despatch AC	24	1:34:07

40-44:

1	Alfred	Malotana	Nedbank RC EP	44	1:21:55
2	Michael	Prince	Nedbank RC EP	40	1:25:27
3	Wayne	Mitchell	Achilles AAA	41	1:27:51

45-49:

1	Jan	Fick	Graaff-Reinet RC	49	1:17:56
2	Graham	Terblanche	Madibaz AC	49	1:30:43
3	Peter	O'Kennedy	Achilles AAA	47	1:40:29

50-54:

1	Robin	Fourie	Achilles AAA	51	1:27:19
2	Frank	Piron	Charlo AC	51	1:30:47
3	Anthony	Button	Madibaz AC	52	1:32:00

55-59:

1	Chester	Brooks	X-Cel AC	56	1:41:22
2	Jan	Van Eeden	Nedbank RC EP	56	1:45:48
3	At	Schoeman	Nedbank RC EP	57	1:47:57

60-64:

1	Mbulelo	Sobikwa	Madibaz AC	60	1:50:43
2	Marius	Croucamp	Charlo AC	60	2:40:18

65-69:

1	Hansie	Els	Somerset East	66	1:36:52
2	Graham	Channon	Achilles AAA	65	2:57:57

Juniors:

1	Damon	Rubidge	Temp	16	1:45:47
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WOMEN

1	Julie	Truter	Body Concept	31	1:27:19
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2	Jane	Barnardo	Body Concept	39	1:27:20
3	Terri-Lynn	Penney	Run For Life EP	37	1:32:26
4	Katherine	Van der Walt	Body Concept	38	1:35:05
5	Asanda	Solani	Motherwell AC	31	1:35:28
6	Elmari	Kock	Temp	22	1:39:05
7	Kelly	Harty	Temp	26	1:40:29
8	Gail	Klichowicz (1 st vet)	Achilles AAA	47	1:44:25
9	Nolikhanyo	Mdwayi	Transnet Eng EP	33	1:44:27
10	Louise	Mazuelas	Charlo AC	36	1:45:49
11	Liza	Mason	Nedbank RC EP	36	1:45:51
12	Annelie	Nel	Body Concept	40	1:49:36
13	Judy	Beens	Charlo AC	47	1:53:07
14	Marietjie	Pietersen (1 st mast)	Achilles AAA	57	1:55:21
15	Karin	Oelofsen	Graaff-Reinet RC	44	1:55:29
16	Rialize	Joubert	Strand AC	40	1:55:36
17	Nicolene	Waters	Temp	32	1:56:52
18	Lisa	Liebenberg	Somerset East	23	1:57:23
19	Geraldine	Colvin	Charlo AC	46	1:58:01
20	Christine	Snyman	Despatch AC	58	1:58:59

40-44:

1	Annelie	Nel	Body Concept	40	1:49:36
2	Karin	Oelofsen	Graaff-Reinet RC	44	1:55:29
3	Rialize	Joubert	Strand AC	40	1:55:36

45-49:

1	Gail	Klichowicz	Achilles AAA	47	1:44:25
2	Judy	Beens	Charlo AC	47	1:53:07
3	Geraldine	Colvin	Charlo AC	46	1:58:01

50-54:

1	Charmaine	Button	Madibaz AC	50	1:59:37
2	Heather	Raymond	Temp	54	2:02:23
3	Veronica	Boshoff	Despatch AC	53	2:16:37

55-59:

1	Marietjie	Pietersen	Achilles AAA	57	1:55:21
2	Christine	Snyman	Despatch AC	58	1:58:59
3	Alma	Fourie	Charlo AC	57	2:32:15

Juniors:

1	Bianca	Black	Temp	19	2:18:55
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10 km**MEN**

1	Morne	Buis	Maxed Elite EP	22	34:01
2	Justin	Bezuidenhout	Temp	20	35:11
3	Maurice	Jaftha (1 st jun)	Temp	17	35:20
4	Stegmann	Van Zyl	Temp	24	35:39
5	Lindeleni	Mlisa	Motherwell AC	16	36:12
6	Jeandry	Deerling	Madibaz AC	22	36:35
7	Christo	Muller (1 st vet)	Graaff-Reinet RC	46	37:44
8	Donovan	Mathews	Temp	30	40:21
9	Hloniphile	Mangqasana	Temp	33	42:42
10	James-Lenn	Kapp	Knysna M C	37	46:34
11	Hans	Minnaar	Temp	17	46:57
12	Stephan	Minnaar	Temp	17	46:57
13	Darren	Van Vliet	Temp	31	49:52
14	Sibongiseni	Baatjies	Temp	13	50:57
15	Ian	Stevenson	Temp	33	50:58
16	Gappie	De Klerk	Temp	46	51:56

17	Zola	Stuurman	Temp	49	53:22
18	Michael	Slater	Madibaz AC	44	54:02
19	Stephen	Coetzee (1 st mast)	Bluewater Bay	58	55:53
20	Christo	Van Rooyen	Bluewater Bay	28	56:06
40-44:					
1	Michael	Slater	Madibaz AC	44	54:02
2	Gert	Venter	Knysna M C	41	1:01:49
3	Wilfred	Van der Merwe	Temp	43	1:18:31
45-49:					
1	Christo	Muller	Graaff-Reinet RC	46	37:44
2	Gappie	De Klerk	Temp	46	51:56
3	Zola	Stuurman	Temp	49	53:22
50-54:					
1	Johan	Minnaar	Temp	53	57:47
2	Phillip	Raymond	Temp	53	1:27:22
55-59:					
1	Stephen	Coetzee	Bluewater Bay	58	55:53
65-69:					
1	Jean	Nepgen	Kowie Striders	69	1:26:43
Juniors:					
1	Maurice	Jaftha	Temp	17	35:20
2	Lindeleni	Mlisa	Motherwell AC	16	36:12
3	Hans	Minnaar	Temp	17	46:57
WOMEN					
1	Magdel	Piek (1 st jun)	Temp	15	51:13
2	Sumene	Jordaan	Graaff-Reinet RC	34	53:15
3	Benice	Putter (1 st mast)	Somerset East	57	54:58
4	Marine	Kock	Temp	16	55:23
5	Rene	Oelofse	Temp	28	57:51
6	Liezl	Steinberg (1 st vet)	Temp	40	58:36
7	Aneke	Venter	Temp	33	58:45
8	Amanda	Dowd-Krause	Temp	43	1:00:56
9	Chante	Van Rooyen	Graaff-Reinet RC	18	1:02:50
10	Zingiswa	Mehlo	Temp	27	1:03:58
11	Jannien	Van Jaarsveld	Graaff-Reinet RC	28	1:04:08
12	Hester	Brand	Sunward Park	67	1:05:57
13	Leticia	Jenneke	Temp	39	1:06:54
14	Celeste	Giani	Temp	24	1:07:35
15	Marè	Uys	Temp	25	1:07:35
16	Sanet	Grassman	Temp	45	1:08:05
17	Cheryl	Stevenson	Temp	34	1:10:41
18	Lauren	Stretch	Temp	29	1:10:48
19	Rube	Geyer	Temp	31	1:10:49
20	Sylandre	Van Winkel	Temp	23	1:11:02
40-44:					
1	Liezl	Steinberg	Temp	40	58:36
2	Amanda	Dowd-Krause	Temp	43	1:00:56
3	Marinda	Knowles	Graaff-Reinet RC	44	1:39:37
45-49:					
1	Sanet	Grassman	Temp	45	1:08:05
2	Lesley	Maggott	Achilles AAA	47	1:13:36
3	Johanna	Van der Merwe	Temp	45	1:18:30
50-54:					
1	Paula	Van Rooyen	Graaff-Reinet RC	50	1:18:06

2	Carol	Hunt	Crusaders AC	51	1:23:17
3	Hettie	Fourie	Hartenbos	52	1:29:16
55-59:					
1	Benice	Putter	Somerset East	57	54:58
2	Marietjie	Sparrus	Temp	57	1:14:31
3	Rina	Minnaar	Temp	56	1:29:17
60-64:					
1	Carol	Nepgen	Kowie Striders	63	1:26:43
65-69:					
1	Hester	Brand	Sunward Park	67	1:05:57
Juniors:					
1	Magdel	Piek	Temp	15	51:13
2	Marine	Kock	Temp	16	55:23
3	Chante	Van Rooyen	Graaff-Reinet RC	18	1:02:50

Drakensberg Logistics LAC Night Race

Ladysmith, 4 October

(Distance: 21.1 km; loop course)

MEN

1.	Bonginkosi Zwane	Phantani AC	1:09:34 (R1000)
2.	Mpho Mohoena	Maluti AC	1:10:48 (R500)
3.	Basil Mazibuko	Osizweni AC	1:11:41 (R250)

40-49:

1.	Samson Mkhize	SANDF	1:18:28 (R150)
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50-59:

1.	Edward Sibanda	SANDF	1:29:42 (R150)
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60+:

1.	Ian Abrams	Eskom AC	1:56:33 (R150)
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Juniors:

1.	Siyabonga Zikadala	LAC	1:21:12 (R100)
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WOMEN (Same prize money as men)

1.	Xoli Madida	Natal Carb	1:37:15
2.	Sandy de Beer	SANDF	1:39:44
3.	Hlobisile Madida	NHC	1:42:33

40-49:

1.	Sandy de Beer	SANDF	1:39:44
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50-59:

1.	Wendy Rook	Savages	1:59:07
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60+

1.	Georgina Tasseron	Vryheid AC	2:24:10
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Cape Gate 10 km

Brackenfell, 4 October

(Certified hilly loop course)

MEN

1.	Givemore Mudzinganyama (ZIM/CR)	30:34
2.	Nkosinathi Madyo (Ned)	30:39
3.	Sibusiso Madikizela (Manoni)	31:03

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 31:21; 2. Graham Katzen (Itheke) 32:32; 3. Shawn Abrahams (Itheke) 33:05. **Masters:** 1. Eric Coetzee (NBMC) 34:22; 2. Gemjikile Tom (Eskom) 40:26; 3. Les Oliphant (Gugs) 40:27. **G'masters:** 1. Albert Williams (Top) 42:30; 2. Willie van Wyk (Brack) 49:05; 3. Willie Cilliers (Maties) 49:52. **G/g'masters:** 1. Joseph Matthews (MS) 51:36; 2. Chet Sainsbury (Celtics) 54:02; 3. Carl Hendricks *Elsies) 55:48. **Juniors:** 1. Anthony Timoteus (UWC) 31:08; 2. Ashley Smith (WCSS) 32:28; 3. Granwin Katzen (Itheke) 32:37.

WOMEN

1. Zintle Xiniwe (NBMC) 36:35
2. Pamela Moyikwa (VOB) 38:17 (1st jun)
3. Candyce Hall (NC) 38:53

Veterans: 1. Sandra van Graan (Edge) 39:51; 2. Ursula Frans (NBMC) 41:10; 3. Sheryl de Lange (NBMC) 41:38. **Masters:** 1. Mariëtte Strauss (Tyger) 42:03; 2. Charmaine Cupido (Ned) 42:55; 3. Olga Howard (Celtics) 44:41. **G'masters:** 1. Nancy Will (Pine) 44:53; 2. Helen du Plessis (Tyger) 49:01; 3. Pixie Sparg (Celtics) 55:29. **G/g'masters:** 1. Marlene James (Pine) 58:39; 2. Gail Bührmann (Durb) 60:16; 3. Annatjie Berntzen (Tyger) 73:43. **Juniors:** 1. Pamela Moyikwa (VOB) 38:17; 2. Busisiwe Gwala (VOB) 40:54; 3. Nomaxesibe Ngcantsi (VOB) 41:50.

Kromberg & Schubert 25 km & 15 km

Brits, 4 October
(Loop courses)

25 km

MEN

1 Phineas Mothoa (Temp) 86:46; 2 Jameson Mabapa (Impala) 92:20; 3 Simon Jantjies (Eskom) 92:28 (1st vet).

Veterans: 1 Simon Jantjies (Eskom) 92:28. **Masters:** 1 Thomas Shibamba (Eskom) 1:50:45. **G'masters:** 1 Jacob Mjandana (Rustenburg) 2:10:01.

WOMEN

1 Andriel de Lange (Overkruin) 2:02:58; 2 Marelise Nel (RWFL) 2:07:25; 3 Desire Malan (Akasia) 2:15:18.

Veterans: 1 Helga Smit (Krugersdorp) 2:36:01. **Masters:** 1 Marina Coetzee (PMK) 2:23:19.

15 km

MEN

1 Shadrack Hoff (New Balance) 50:38 (1st vet); 2 Simon Mokonyama (Monaco) 50:39; 3 James Mgcina (Sports Connection) 51:14.

Veterans: 1 Shadrack Hoff (New Balance) 50:38. **Masters:** 1 Pieter Louw (HMK) 71:50. **G'masters:** 1 Deon v.d. Westhuizen (Overkruin) 78:12. **Juniors:** 1 Rikus Jacobs (NWU Pukke) 52:11.

WOMEN

1 Elizabeth Dhiwayo (Lonmin) 64:25; 2 Connie Blom (New Balance) 71:49 (1st mast); 3 Hannie Doogan (Randmark) 76:26.

Masters: 1 Connie Blom (New Balance) 71:49. **G'masters:** 1 Dianne Duggan (HMK) 90:49.

Value Logistics Ou Voetpad 10-miler & 6-miler

Pretoria, 4 October

(Distances: 16 km & 10 km; loop courses, partly on gravel and sand tracks)

10-miler

MEN

1 Kenneth Mahlaole (Nedbank) 64:44; 2 Sello Ramaloka (Toyota) 65:24; 3 Welcome Lubisi (Transnet) 66:01 (1st jun).

Veterans: 1 Herman Mulder (Temp) 66:34. **Masters:** 1 Ian Morsehead (Boksburg) 72:41.

G'masters: 1 John Whitter (RAC) 97:22. **Juniors:** 1 Welcome Lubisi (Transnet) 66:01.

WOMEN

1 Gloria Baeba (Transnet) 79:35; 2 Nerissa v.d. Walt (New Balance) 80:53; 3 Vanessa Fourie (Magnolia) 85:17 (1st vet).

Veterans: 1 Vanessa Fourie (Magnolia) 85:17. **Masters:** 1 Christa Heiden (ACRW)

1:55:22. **G'masters:** 1 Maz Moore (Kayalami) 2:17:37.

6-miler

MEN

1 Philip Birech (KEN/Global) 33:21; 2 Musa Swakaxa (Transnet) 34:42; 3 Thabang Maleka (Transnet) 38:34 (1st jun).

Veterans: 1 Sam Moukangwe (Corr Serv) 98:45. **G'masters:** 1 Hubrecht Ribbens (CSIR)

56:43. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 60:25. **Juniors:** 1 Thabang Maleka (Transnet) 38:34.

WOMEN

1 Seanette van Rooyen (GN Masters:) 48:03; 2 Tersia Muller (Running Inn) 49:51; 3 Tanja Schutte (Running Inn) 51:16.

Veterans: 1 Elize Truter (Boksburg) 85:54.

PetroSA Marathon (28th), Half Marathon & 10 km

Mossel Bay, 27 September

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses. Finishers: marathon – 143 [up from 136 last year]; half marathon – 238 [up from 188]; 10 km – 286 [up from 262].)

Note 1: The times in the half marathon look suspiciously fast, with Zintle Xiniwe running her best half marathon of the year by more than five minutes just six days after her first marathon. Using the RTB (Race Time Bias) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, the figure for seventeen men and ten women is -6.79 sec/km – well above the allowable limit of -5 sec/km. (The RTB figure for the women only is a whopping -11.24 sec/km, more than twice the allowable limit!) The course is most certainly short and these times will therefore not be considered for any statistical lists. – Ed.

Note 2: It seems as if Nancy Will wants to emulate Candyce Hall as far as piling up racing kilometres is concerned. A mere six days after setting a WP record in the SA Marathon in Cape Town, Will, who is 60 years old, ran another marathon here and again won her category. Zintle Xiniwe, who won the SA Marathon, competed in the half marathon, and also won again. Bulelwa Simae also ran in the SA Marathon last weekend. Jenna Challenor

won her debut marathon in 2:41:44 to become the first SA winner of the race in six years. It was the second 10 km in three days for 17-year-old Merrida Leen. In many cases the results did not indicate clubs, but merely provinces; there are quite a few runners who do belong to clubs but were indicated with "Temp". DRR has corrected the spelling of some names. – Ed.

Marathon

MEN

1	David Tumo	KEN	2:14:52	R60 000
2	Sufa Chala	ETH	2:15:03	R40 000
3	Gilbert Mutandiro	ZIM/MR Price KZN	2:15:50	R25 000
4	Munyaradzi Jari	ZIM	2:16:54	R15 000
5	Tsepang Ramonene	LES	2:17:22	R10 000
6	Ghirmay Tukabo	ERI	2:17:50	R5000
7	Belachew Gebreselassie	ETH/Nedbank Pretoria	2:18:19	R4000
8	Cephas Pasipamire	ZIM/Nedbank Gauteng North	2:18:49	R3000
9	Mthandazo Qhina	Temp	2:19:00	R2000
10	Tsepang Ramonene	LES	2:19:32	R1000
11	Lloyd Bosman	Nedbank	2:21:39	
12	Pule Hlabahlaba	Pentagon AC	2:21:48	
12	Tamo Matheleli	Olifantsfontein AC	2:22:52	
13	Zulene Moreng	Eskom Gijimas	2:26:06	
14	Jeffrey Gwebu	Temp	2:26:39	
15	George Mofokeng	Transnet	2:31:47	
16	Michael Bailey	Asics WP	2:31:52	
17	Pertus Mokhele	Temp	2:32:34	
18	Loki Diradingoe	Transnet	2:33:55	
19	Zandisile Ngeva	Nedbank	2:34:15	
20	Melikhaya Malinga	Eastern Province	2:39:21	

Veterans:

1	Philemon Manyaka	NBMC AGN	2:44:46	R3000
2	Zusile Ntsiniyabo	Outeniqua Harriers	2:56:38	R2000
3	Nkosinathi Gcakasi	Bluewater Bay Road Runners	2:58:39	R1000

Masters:

1	Monde Tutani	WPA	3:17:20	R3000
2	Alan Taylor	Achilles AAA	3:17:43	R2000
3	Elias Letlape	Nedbank AGN	3:20:06	R1000

G'masters:

1	Daniel Hlongwane	Nedbank AGN	3:35:49	R3000
2	Abraham Coetzee	KMC	4:19:12	R2000
3	David O'Reilly	Nedbank EP	4:39:13	R1000

WOMEN (Same prize money as men)

1	Jenna Challenor	Boxer KZN	2:41:44	DB
2	Tiqist Neri	ETH/Nedbank Pretoria	2:45:42	
3	Tabitha Tsatsa	ZIM/Maxed Elite KZN	2:47:08	
4	Sisay Arsed	ETH/Nedbank Pretoria	2:47:16	
5	Aurelia Rutto	KEN	2:49:44	
6	Isabella Jepchumba	KEN/Bluff Meats FI KZN	2:57:11	
7	Lebohang Motsotsoana	Toyota AC	2:58:58	
8	Tsietsi Marumo	Sibanye Gold Mine	3:01:22	
9	Alicen Manake	ZIM	3:04:08	
10	Lisl Grobler	KMC	3:17:45	
11	Suzette Vermaak-McIvor	Nedbank WPA	3:19:15	
12	Zamiwonga Fani	Nedbank EP	3:22:12	
13	Annatjie Botes	Nedbank	3:25:56	

14	Liana Maree	Stellenbosch AC	3:27:47
15	Nancy Will	Pinelands	3:40:17

Veterans:

1	Tabitha Tsatsa	ZIM/Maxed Elite KZN	2:47:08
2	Suzette Vermaak-McIvor	Nedbank	3:19:15
3	Riana v.d. Berg	Temp	4:20:01

Masters:

1	Annatjie Botes	Nedbank	3:25:56
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G'masters:

1	Nancy Will	WPA	3:40:17
2	Ester Oosthuizen	Hartenbos Drawwers	4:46:02

Half marathon**MEN**

1	Elroy Gelant	Transnet	1:02:56	R10 000
2	Sibusiso Nzima	Nedbank CGA	1:03:05	R8000
3	Ettienne Plaatjies	Nedbank	1:04:00	R6000
4	Xolisa Tyali	Nedbank CGA	1:04:40	R4000
5	Anthony Godongwana	Transnet	1:05:01	R2000
6	Joel Kiptoo	KEN/Olifantsfontein AC	1:05:30	
7	Bernard Koech	KEN	1:08:46	
8	Gershwill Jacobs	Nedbank	1:08:51	
9	Nkosinathi Madyo	Temp	1:08:57	
10	Leon Adams	Hartenbos Drawwers	1:10:15	

Veterans:

1	Lindile Tokota	Nedbank	1:13:23	R1500
2	Patrick Ketelo	OOP	1:16:12	R1000
3	Silveret Mbelu	RWFL	1:17:52	R500

Masters:

1	Dan Mothibe	NBMC AGN	1:17:57	R1500
2	Selwyn Losper	Mossel Bay Harriers	1:18:29	R1000
3	Kenneth Menze	Bluewater Bay Roadrunners	1:22:52	R500

G'masters:

1	Tamsanqa Jusayi	Nedbank EP	1:34:28	R1500
2	Pele Tshikundamalema	Toyota AC	1:41:19	R1000
3	Peter Jakoby	KMC	1:41:24	R500

Juniors:

1	Bernard Koech	KEN	1:08:46	R1500
2	Francois Maquassa	SANDF	1:13:09	R1000
3	Archie Boome	KMC	1:14:25	R500

WOMEN (Same prize money as men)

1	Xintle Xiniwe	Temp	1:11:24
2	Thozama April	Transnet	1:17:10
3	Firegenet Ayelew	ETH	1:19:05
4	Annah Moeketsi	Transnet	1:19:52
5	Bulelwa Simae	WPA	1:29:00
6	Simangele Mabuza	Transnet	1:33:02
7	Sanet Brits	Nedbank	1:34:49
8	Anathi Nopulula	Temp	1:35:07
9	Olga Howard	Celtic Harriers	1:36:15
10	Lorette Pretorius	Temp	1:38:03

Veterans:

1	Alison Jordaan	Nedbank	1:43:35
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2	Julie Walker	Nedbank	1:52:33
3	Sunette de Jager	Nedbank	1:54:06

Masters:

1	Sanet Brits	Nedbank	1:34:49
2	Olga Howard	Celtic Harriers	1:36:15
3	Una Saayman	SAPD	1:46:02

G'masters:

1	Rea Oosthuizen	Hartenbos Drawwers	1:43:44
2	Marietjie de Jager	Hartenbos Drawwers	2:36:11
3	Shirley Lottering	Mosselbay Harriers	2:50:28

10 km**MEN**

1	William Kaptein	WPA	29:46	R5000
2	Givemore Mudzinganyama	ZIM/Cool Runnings CGA	30:02	R3000
3	Amos Nyongo	NMMU	30:02	R2000
4	Derocious Makhobalo	Nedbank CGA	30:26	R1000
5	Sibusiso Madikizela	WPA	30:34	R700
6	Melikhaya Frans	Nedbank EP	30:49	
7	Sithembele Fanekho	Temp	31:04	
8	Unathi Nteta	WPA	31:40	
9	Ruben Dlepu	Temp	31:53	
10	Vuyisile Tshoba	Transnet	32:02	

Veterans:

1	Shawn Abrahams	WPA	35:28	R1000
2	Mauritz Jansen v. Rensburg	Outeniqua Harriers	36:01	R800
3	Marius-Hugo Schlechter	KMC	36:46	R500

Masters:

1	Mike Bekapi	EP	36:43	R1000
2	A.N. Other			R800
3	Patrick Peters	Military Sport Club	38:15	R500

G'masters:

1	Nic Brummer	Sedgfield Striders	49:28	R1000
2	Les Stuart	KMC	52:07	R800
3	Addie Voigt	Hartenbos Drawwers	52:46	R500

Juniors:

1	Ruben Dlepu	Temp	31:53	R1000
2	Janson Darries	Beaufort-West Drawwers	32:13	R800
3	Bryson van Wyk	Beaufort-West Drawwers	33:47	R500

WOMEN (Same prize money as men)

1	Luzane Pieterse	Temp	37:03
2	Nobushe Tshuma	ZIM/Cool Runnings CGA	37:05
3	Merrida Leen	Mosselbaai Harriers	39:08
4	Melissa van Rensburg	Nedbank	39:19
5	Lana Theunissen	Nedbank	41:14
6	Charmaine Cupido	Temp	44:32
7	Janette Schierz-Crusius	Body Concept	44:48
8	Macnita Samuels	KMC	44:54
9	Kleintjie van Schalkwyk	Hartenbos Drawwers	45:02
10	Bianca la Grange	RWFL	45:05

Veterans:

1	Lana Theunissen	Nedbank	41:14
2	Elzet Oosthuizen	Nedbank	47:10
3	Maryke Sass	PetroSA	47:48

Masters:

1	Charmaine Cupido	Temp	44:32
2	A.N. Other		
3	Kleintjie van Schalkwyk	Hartenbos Drawwers	45:02

G'masters:

1	Mariet Horn	KMC	59:07
2	Liedie Coetzee	Plett AC	1:00:05
3	Dina Fryer	Hartenbos Drawwers	1:02:29

Juniors:

1	Merrida Leen	Mossel Bay Harriers	39:08
2	Macnita Samuels	KMC	44:54
3	Bianca la Grange	RWFL	45:05

Pam Golding Spring Health 10 km

George, 24 September

(Finishers: 141)

MEN

1	Elfonzo Pieterse	Nedbank	25	32:21
2	Dullan Solomons	Nedbank	16	35:25
3	Auschten October	Nedbank	16	35:43
4	Charles Nel	Tuks	23	35:44
5	Vuyo Witbooi	Outeniqua	39	35:57
6	Marlon Mortlock	Knysna	40	37:12
7	Dawid Matroos	Rainbow	40	40:22
8	Mziyanda Kindili	Outeniqua	33	40:24
9	Hermanus Jonkerman	Nedbank	54	40:33
10	Keith Clark	Outeniqua	39	40:35

WOMEN

1	Merrida Leen	Mosselbay	17	41:44
2	Nicole Wiese	Temp	30	42:44
3	Charmaine Lamprecht	Nedbank	30	44:40
4	Alicia Cawood	Nedbank	29	46:19
5	Marisa du Plessis	Temp	34	46:30
6	Rene Otto	Mi Way Warriors	55	46:32
7	Carike Jacobs	Nedbank	38	48:10
8	Johanna Claassen	Nedbank	46	48:34
9	Suzaan Kruger	Outeniqua	31	49:01
10	Claire Boltman	Nedbank	45	50:56

Moore Stephens 10 km Night Race

Stellenbosch, 17 September

(Finishers: 441 [up from 425 last year].)

Note: Readers with good memories may remember the errors in timing and results pointed out by DRR after last year's race. Once again a huge number of athletes – 50 this time – did not hand in their position sachets and name cards at the finish (or maybe did not even enter the race). As was the case last year, this made the results a bit of a mockery, so only the top ten men and women are given here. – Ed.

MEN

1	Siyabonga	Makhaluza	Ind	26	30:12
2	Mthandazo	Qhina	Nedbank	35	30:17
3	Nkosinathi	Madyo	Nedbank	26	30:27

4	Siviwe	Nkombi	Itheko	25	30:45
5	Danzil	Paulse	Easterns	21	30:47
6	Duran	Byman	Itheko	20	31:03
7	Lwandile	Lange	Khayelitsha	36	31:11
8	Akhona	Makila	VOB	23	32:15
9	Babalo	Hambi	Itheko	20	33:43
10	Ricardo	Jaftha	Nedbank		33:51

Veterans:

1	Xolile	Macanda	Gugs	34:24
2	Ian	Mac Donald	RAC	34:27
3	Cassiem	Lendoor	Stellenbosch	39:55

Masters:

1	Zaldeus	Steenkamp	Helderberg	37:59
2	Barend	Jacobs	Celtics	40:24
3	André	Van der Merwe	Stellenbosch	43:50

G'masters:

1	Jimmy	Adonis	Rcs Gugs	54:02
2	Edwin	King	Sanlam	61:29
3	Hans	Hugo	Helderberg	61:45

Juniors:

1	Denzil	Byman	Itheko	34:31
2	Yunga	Keli	Sanlam	36:59
3	Toetse	Smith	Maties	39:33

WOMEN

1	Zintle	Xiniwe	NBMC	27	36:04
2	Pamela	Moyikwa	VOB	18	36:08
3	Nomvuyisi	Seti	Itheko	33	36:21
4	Candyce	Hall	Carbineers	30	38:37
5	Mia	Bosman	Ind	19	39:56
6	Busisiwe	Gwala	VOB	17	40:18
7	Robyn	Williams	Ind	24	41:29
8	Mariëtte	Strauss	Tygerberg	52	41:51
9	Helena	Visser	Stellenbosch	21	41:52
10	Nomaxesibe	Ngcantsi	VOB	19	42:47

Veterans:

1	Anneke	Slabbert	Stellenbosch	45:29
2	Zethena	October	Ravensmead	47:53
3	Chanelle	Hoffman	Strand	48:36

Masters:

1	Mariëtte	Strauss	Tygerberg	41:51
2	Charmaine	Cupido	Nedbank	44:46
3	Louise	V.d. Westhuizen	Stellenbosch	48:58

G'masters:

1	Helen	Du Plessis	Tygerberg	50:08
2	Doreen	Williams	Helderberg	57:59
3	Hildegard	Hopes	Sanlam	63:08

Juniors:

1	Pamela	Moyikwa	K-Way Vob	36:08
2	Mia	Bosman	No Club	39:56
3	Busisiwe	Gwala	K-Way Vob	40:18

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

Rock 'n' Roll Maratona e Meia Maratona de Lisboa (15th) & Marathon (2nd)

(IAAF Gold Label Road Race)

Lisboa, POR, 5 October

(Distances: 21.1 km; out-and-back course with no net elevation change; and 42.195 km)

Marathon (gun times):

MEN

- | | | |
|--------------------------|---------|------------|
| 1. Samuel Ndungu, KEN | 2:08:21 | CR* € 3000 |
| [1:03:52 / 1:04:29] | | |
| 2. Robert Kwambai, KEN | 2:10:33 | 1500 |
| 3. Lawrence Kimaiyo, KEN | 2:12:17 | (fell) 800 |

WOMEN

- | | | |
|--------------------------------|---------|---------------|
| 1. Visiline Jepkesho, KEN | 2:26:47 | PB/CR* € 3000 |
| [1:11:55 / 1:14:52] | | |
| 2. Agnes Jepkemboi Kiprop, KEN | 2:28:35 | 1500 |
| 3. Azalech Masresha, ETH | 2:29:43 | 800 |

Half Marathon (gun times):

MEN

- | | | |
|------------------------------|---------|--------|
| 1. Stephen Kosgei Kibet, KEN | 1:01:06 | € 2000 |
| 2. Mosinet Geremew, ETH | 1:02:25 | 1500 |
| 3. Geoffrey Kusuro, UGA | 1:02:29 | 800 |
| 4. Alex Korio Oloiptit, KEN | 1:02:36 | 500 |
| 5. Zersenay Tadese, ERI | 1:03:29 | 300 |

WOMEN

- | | | |
|--------------------------|---------|--------|
| 1. Purity Rionoripo, KEN | 1:11:02 | € 2000 |
| 2. Sara Moreira, POR | 1:11:07 | 1500 |
| 3. Godfay Afera, ETH | 1:11:16 | 800 |
| 4. Ababel Yeshaneh, ETH | 1:12:11 | 500 |
| 5. Goretta Jepkoech, KEN | 1:12:58 | 300 |

AMGEN Bredase Singelloop Half Marathon (29th)

Breda, NED, 5 October

(Distance: 21.1 km)

MEN (gun times)

- Richard Mengich, KEN, 1:00:11 PB/CR*
- Geoffrey Ronoh, KEN, 1:00:16
- David Kogei, KEN, 1:01:17
- Philip Langat, KEN, 1:01:22
- Igor Geleti, UKR, 1:02:32 PB

WOMEN (gun times)

- Rose Chelimo, KEN, 1:08:40 PB/CR*
- Lucy Macharia, KEN, 1:10:41
- Jane Moraa, KEN, 1:10:55
- Alice Serser, KEN, 1:11:42 PB

5. Veerle Dejaeghere, 1973, BEL, 1:14:04 PB

Medtronic Twin Cities Marathon (33rd)

(USA Marathon Championships; USA Masters Marathon Championships)

Minneapolis to St. Paul, USA, 5 October

(Distances: 42.195 km; standard certified course with slight elevation GAIN)

MEN

1. Tyler Pennel, 26, Blowing Rock, NC 2:13:32 DB \$25,000 + 1500^
2. Jared Ward, 26, Provo, UT 2:14:00 PB 15,000 + 750^
3. Scott Smith, 28, Oklahoma City, OK 2:14:40 PB 10,000 + 600^

^) Also earned open prize money

WOMEN

1. Esther Erb, 28, Richmond, VA 2:34:01 \$25,000 + 1500^
2. Heather Lieberg, 35, Helena, MT 2:34:09 PB 15,000 + 750^
3. Brianne Nelson, 33, Golden, CO 2:34:24 10,000 + 600^

^) Also earned open prize money

Bank of Scotland Great Scottish Run Half Marathon (27th)

Glasgow, SCO, 5 October

(Distance: 21.1 km, with only small start/finish separation [record-standard course])

MEN (gun times)

1. Stephen Mokoka, **RSA** 1:01:25
2. Stephen Chemlany, KEN 1:01:32
3. Mark Kiptoo, KEN 1:01:34
4. Charles Cheruiyot, KEN 1:01:56
5. Michael Shelley, AUS 1:02:54
- Haile Gebrselassie, ETH DNF (breathing problems)

WOMEN (gun times)

1. Edna Kiplagat, KEN 1:07:57 CR*
2. Caroline Kilel, KEN 1:08:53
3. Tiki Gelana, ETH 1:10:37
4. Faith Kipsum, KEN 1:11:10
5. Susan Partridge, GBR 1:12:12
- ... 9. Josia Zakrzewski, GBR 1:18:46

Sedan-Charleville (94th)

Charleville, FRA, 5 October

(Distance: 24.3 km)

MEN (gun times)

1. Eliud Mwangi Macharia, KEN, 1:13:28
2. James Kibet, KEN, 1:13:31
3. Mathew Sang Kibiwott, KEN, 1:13:33

WOMEN (gun times)

1. Mulu Diro Melka, ETH, 1:24:53
2. Sarah Chepchirchir, KEN, 1:25:21
3. Bentu Shiferaw Wodajo, ETH, 1:25:36

Kosice Peace Marathon (89th)

Kosice, SVK, 5 October

(Distance: 42.195 km)

MEN (gun times)

1. Gilbert Chepkwony, 1985, KEN 2:08:26 € 12,000i
[1:04:20 / 1:04:06]
2. Dominic Kangogo Kimwetich, 1989, KEN 2:10:34 4,500
3. Afewerk Woldetensae, 1992, ETH 2:11:39 2,500

i) Prize money includes time bonus for sub-2:09 winner

WOMEN (gun times)

1. Lydia Jerotich Rutto, 1984, KEN 2:28:48 € 6,000
[1:13:43 / 1:15:05]
2. Lemlem Berha Yachem, 1992, ETH 2:31:17 2,500
3. Halima Hassen Beriso, 1992, ETH 2:38:51 1,500

Lucky Star Marathon, Half Marathon & 10 km

(Incorporating the Africa Southern Region Half-marathon Championships)

Swakopmund, NAM, 4 October

(Distances: 42.195 km, 21.1 km & 10 km; course configurations unknown. Finishers: marathon – 71; half marathon – 138; 10 km – 107.)

Marathon (all runners NAM)

MEN

- | | | | |
|---|----------|-----------------|---------|
| 1 | Aaron | Tjivambi | 2:27:58 |
| 2 | Martin | Ntinda | 2:35:18 |
| 3 | Elphas | Shuuya | 2:37:52 |
| 4 | Natangwe | Elifas Hamukoto | 2:38:52 |
| 5 | Martin | Wilhelm | 2:56:16 |

WOMEN

- | | | | |
|---|--------|------------|---------|
| 1 | Risa | Dreyer | 3:31:39 |
| 2 | Nadine | Agnew | 3:40:18 |
| 3 | Rakela | Akukothela | 3:42:52 |

Half marathon

MEN

- | | | | | | |
|----|--------------|-------------|-----|----|---------|
| 1 | Joel | MMONE | RSA | 23 | 1:05:23 |
| 2 | David | MANJA | RSA | 23 | 1:05:26 |
| 3 | Sikhumbuzo | SEME | RSA | 29 | 1:05:40 |
| 4 | Kgosi | TSOSANE | RSA | 28 | 1:05:55 |
| 5 | Benedict | MOENG | RSA | 31 | 1:06:01 |
| 6 | Simon | SHIPINGANA | NAM | 36 | 1:06:05 |
| 7 | Uvenevi-Nawa | KUUGONGELWA | NAM | 31 | 1:06:25 |
| 8 | Ntomphe | NTHOMPHE | BOT | 29 | 1:07:44 |
| 9 | Alexander | JOAO | ANG | 29 | 1:07:45 |
| 10 | Rapula | DIPHOKO | BOT | 29 | 1:08:44 |

WOMEN

- | | | | | | |
|---|-------|---------|-----|----|---------|
| 1 | Alina | ARMAS | NAM | 30 | 1:14:54 |
| 2 | Lebo | PHALULA | RSA | 30 | 1:16:17 |

3	Anna	AMUTOKO	NAM	32	1:16:41
4	Mpo	MABUZA	RSA	34	1:16:47
5	Ernestina	PAULINA	ANG	29	1:17:51
6	Helena	IIPINGE	NAM	37	1:18:51
7	Bulelwa	SIMAE	RSA	37	1:19:18
8	Hanlie	BOTHA	RSA	35	1:19:22
9	Ottilie	AIMWATA	NAM	35	1:20:39
10	Mema	TIANGO	BOT	29	1:22:23

10 km (all runners NAM)

MEN

1	Reonard	Namupala	31:06
2	Jeremia	Shaliawe	31:08
3	Oscar	Komeya	31:49

WOMEN

1	Elisia	Kashululu	48:35
2	Elloise	Ellis	51:34
3	Thea	Human	51:58

CROSS-COUNTRY**Arkansas Chile Pepper Cross-country Festival** (26th)

Fayetteville, USA, 4 October

MEN (8 km)

Team Results: 1. Arkansas, 51; 2. Lamar, 96; 3. North Texas, 106; 4. UTEP, 110; 5. Wichita State, 129.

1.	Stanley Kebenei, SR, Arkansas (KEN)	23:53.5
2.	Kemoy Campbell, Unattached (JAM)	23:53.8
3.	Anthony Rotich, JR, UTEP (KEN)	23:54.5
4.	Sam Stabler, SR, Lamar (GBR)	24:10.5
5.	Michael Pienaar, FR, South Alabama (RSA)	24:12.3

WOMEN (5 km)

Team Results:

1. Arkansas, 16; 2. Lamar, 81; 3. Kansas State, 117; 4. Wichita State, 128; 5. Texas Tech, 155.

1.	Dominique Scott, JR, Arkansas (RSA)	16:01.0
2.	Grace Heymsfield, SR, Arkansas	16:12.0
3.	Hannah Fields, SR, Oklahoma Baptist	16:24.0

Greater Louisville Cross-country Classic

Louisville, USA, 4 October

MEN (8 km)

Team Results: 1. Wisconsin, 56; 2. Mississippi, 111; 3. Missouri, 125; 4. Virginia Tech, 156; 5. Mid. Tenn. State, 159.

1.	Silos Too, FR Shorter (KEN)	23:45.77
2.	Malachy Schrobilgen, SO Wisconsin	23:48.36
3.	Ernest Kibet, JR Louisville (KEN)	23:53.27
... 42.	David Mokone, SR West. Kentucky (RSA)	24:54.90

WOMEN (5 km)

Team Results: 1. Wisconsin, 37; 2. West Virginia, 64; 3. Virginia Tech, 194; 4. Lipscomb, 197; 5. Missouri, 202.

1. Sarah Disanza, SO Wisconsin 16:41.92
2. Chelsea Blaase, JR Tennessee 16:51.64
3. Molly Hanson, JR Wisconsin 16:57.13
- ... 6. Letitia Saayman, JR Coastal Caro(RSA)17:08.79

TRACK**Asian Games (17th)**

Incheon, KOR, 27 September – 3 October

MEN

800 (01):

Note: The first three men to cross the finish line were DQ'd. – Ed.

1. Adnan Taees Akkar, IRQ, 24 Mar 80 1:47.48 Gold
2. Teng Haining, CHN, 25 Jun 93 1:47.81 Silver
3. Jamal Al-Hayrani, QAT, 26 May 93 1:48.25 Bronze

1500 (29):

1. Mohamed Al-Garni, QAT, 2 Jul 92 3:40.23 Gold
2. Rashid Ramzi, BRN, 17 Jul 80 3:40.95 SB Silver
3. Adnan Taees Akkar, IRQ, 24 Mar 80 3:42.50 NR Bronze

5000 (27):

1. Mohamed Al-Garni, QAT, 2 Jul 92 13:26.13 GR/PB Gold
2. Alemu Bekele Gebre, BRN, 23 Mar 90 13:27.98 SB Silver
3. Albert Rop, BRN, 17 Jul 92 13:28.08 Bronze

10000 (02):

1. El Hassan El Abbassi, BRN, 13 Apr 84 28:11.20 Gold
2. Suguru Osako, JPN, 23 May 91 28:11.94 SB Silver
3. Isaac Korir Kedikou, BRN, 26 Aug 90 28:45.65 SB Bronze

Marathon 42.195 km (03):

1. Hasan Mahboob Ali, BRN, 81 2:12:38 PB Gold
2. Kohei Matsumura, JPN, 25 Nov 86 2:12:39 Silver
3. Yuki Kawauchi, JPN, 5 Mar 87 2:12:42 Bronze

3000 s/chase (29):

1. Ali Abubaker Kamal, QAT, 8 Nov 83 8:28.72 Gold
2. Tareq Mubarak Taher, BRN, 24 Mar 84 8:39.62 SB Silver
3. Naveen Kumar, IND, 20 Jan 88 8:40.39 PB Bronze

WOMEN

800 (01):

1. Margarita Mukasheva, KAZ, 4 Jan 86 1:59.02 GR/AL Gold
2. Tintu Luka, IND, 26 Apr 89 1:59.19 SB Silver
3. Zhao Jing, CHN, 9 Jul 88 1:59.48 PB Bronze

1500 (29):

1. Maryam Yusuf Jamal, BRN, 16 Sep 84 4:09.90 Gold
2. Mimi Belete, BRN, 9 Jun 88 4:11.03 Silver

3. Orchatteri P. Jaisha, IND, 23 May 83 4:13.46 Bronze

5000 (02):

1. Maryam Yusuf Jamal, BRN, 16 Sep 84 14:59.69 AL/SB Gold
 2. Mimi Belete, BRN, 9 Jun 88 15:00.87 PB Silver
 3. Ding Changqin , CHN, 27 Nov 91 15:12.51 PB Bronze

10000 (27):

1. Alia Mohamed Saeed, UAE, 18 May 91 31:51.86 NR Gold
 2. Ding Changqin , CHN, 27 Nov 91 31:53.09 PB Silver
 3. Ayumi Hagiwara, JPN, 1 Jun 92 31:55.67 Bronze

Marathon 42.195 km (02):

1. Eunice Kirwa Jepkirui , BRN, 20 May 84 2:25:37 NR Gold
 2. Ryoko Kizaki, JPN, 21 Jun 85 2:25:50 Silver
 3. Lishan Dula Gemechu, BRN, 17 Feb 87 2:33:13 Bronze

3000 s/chase (27):

1. Ruth Jebet, BRN, 17 Nov 96 9:31.36 GR
 2. Li Zhenzhu , CHN, 13 Dec 85 9:35.23 SB
 3. Lalita Babar, IND, 2 Jun 89 9:35.37 NR

STATS TIME

With the spotlight currently on the world's major fall marathons (as the Americans call this time of the year), and to bring last weekend's Berlin Marathon into perspective, here are some stats on the world's best marathon runners.

Fastest marathon runners on the average of their top five performances

1	2:04:15	Wilson Kipsang	KEN
2	2:04:30	Geoffrey Mutai	KEN
3	2:04:53	Emmanuel Mutai	KEN
4	2:04:57	Haile Gebrselassie	ETH
5	2:05:05	Patrick Makau	KEN
6	2:05:21	Tsegaye Kebede	ETH

Their individual races

WILSON KIPSANG

1	2:03:23	Berlin	1 st	29 Sept 2013
2	2:03:42	Frankfurt	1 st	30 Oct 2011
3	2:04:29	London	1 st	13 Apr 2014
4	2:04:44	London	1 st	22 Apr 2012
5	2:04:57	Frankfurt	1 st	31 Oct 2010

GEOFFREY MUTAI

1	2:03:02	Boston (aided)	1st	18 Apr 2011
2	2:04:15	Berlin	1st	30 Sept 2012
3	2:04:55	Rotterdam	2nd	11 Apr 2010
4	2:05:06	New York	1st	6 Nov 2011
5	2:05:10	Berlin	2nd	26 Sept 2010

EMMANUEL MUTAI

1	2:03:13	Berlin	2	28 Sept 2014
2	2:03:52	Chicago	1	13 Oct 2013
3	2:04:40	London	1	17 Apr 2011
4	2:06:15	London	4	13 Apr 2008

5	2:06:23	London	2	25 Apr 2010
HAILE GEBRSELASSIE				
1	2:03:59	Berlin	1	28 Sept 2008
2	2:04:26	Berlin	1	30 Sept 2007
3	2:04:53	Dubai	1	18 Jan 2008
4	2:05:29	Dubai	1	16 Jan 2009
5	2:05:56	Berlin	1	24 Sept 2006

PATRICK MAKAU				
1	2:03:38	Berlin	1st	25 Sept 2011
2	2:04:48	Rotterdam	1st	11 Apr 2010
3	2:05:08	Berlin	1st	26 Sept 2010
4	2:05:45	London	3	17 Apr 2011
5	2:06:08	Frankfurt	1	28 Oct 2012

TSEGAYE KEBEDE				
1	2:04:38	Chicago	1	7 Oct 2012
2	2:05:18	Fukuoka	1	6 Dec 2009
3	2:05:19	London	1	25 Apr 2010
4	2:05:20	London	2	26 Apr 2009
5	2:06:04	London	1	21 Apr 2013

Average of top 10 performances in major marathons

1	2:03:55	Berlin
2	2:04:46	Dubai
3	2:04:52	Rotterdam
4	2:05:04	Chicago
5	2:05:04	London

THIS MONTH IN HISTORY

We continue our look back at the history of the mile. – Ed.

89 years ago: 5 October 1925

Only one South African mile record has ever been set in October – and this by a runner whose first names are unknown. At the SA Championships in Durban during April 1924 E.B. Palm won the title with a new national record of 4:28.0, breaking the previous mark by 2.2 sec. On this day in Pietermaritzburg he smashed his own record by an even bigger margin when he clocked 4:24.8. This record would stand for almost four years, and it gave him the 35th position on the world list for the year.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

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	28:44	Stephen Mokoka	Cape Town	21 Sep
	27:25	Stephen Sambu (KEN)		

15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somerset East	22 Mar
30 km	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
Marathon	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
100 km	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
	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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	46:51	Johannes Kekana	Pretoria	16 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:16	Charles Tjiane	Cape Town	21 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:22	Eric Coetzee	Brackenfell	04 Oct
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:20	Eric Coetzee	Brackenfell	19 Jul
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:51	Victor Phetoe	Pretoria	10 May
	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
	38:35	Clive Owen	Cape Town	21 Sep
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	84:16	Awie Veldsman	Atlantis	23 Aug
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:11:05	Stephen Seema	Cape Town	21 Sep
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:20	Irvette van Zyl	Stellenbosch	09 Aug
	31:04	Mamitu Daska (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	84:37	Janet Rono Chelegat (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:29:27	René Kalmer	Berlin	28 Sep
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:24	Paulina Phaho	Pretoria	31 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:37	Sandra van Graan	Eersterivier	21 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:10	Suzette Botha	Mount Edgecombe	25 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:39	Michelle Mee	Pretoria	10 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				

7:00:27 Normi Sakurai (JPN) 2007

Masters (50+)

10 km	40:10	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	60:59	Elmarie Coetzee	Eersterivier	21 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somerset East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:39:03	Nancy Will	Simon's Town	17 Aug
Marathon	3:21:21	Nancy Will	Cape Town	21 Sep
100 km				

Juniors

10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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