

Distance Running Results

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EDITORIAL

With most of the stars opting for the huge prize money in the Lotto Nelson Mandela Bay City Half Marathon in Port Elizabeth, the SA titles went to Lesiba Precious Mashele and Makhosazane Mhlongo in the slowest times ever for a South African championship race, although Mhlongo ran a personal best of 1:18:56. Mashele clocked 1:05:42 to beat Siyabonga Nkonde by 23 seconds. Mhlongo had it much more comfortable – Thozama April was a massive 3:11 behind.

Although the standard was generally quite poor, grandmaster Stuart McColl and junior Thabang Mosiako did set list leaders of 1:16:08 and 1:07:28 respectively.

The times in Port Elizabeth were quite a bit faster despite adverse weather conditions, with Elroy Gelant winning in 1:04:20 and Mapaseka Makhanya in 1:14:43 (and taking home a whopping R35 000 each for their efforts). No fewer than six men ran under 65 minutes; seven beat Mashele's time. Eight women ran faster than Mhlongo did in Pretoria. Jane Mudau set a masters list leader of 1:27:45, besting Judy Bird's time in the SA race by 9 seconds.



A number of Comrades heroes attended the Durban launch, held at Westville AC, of Bob de la Motte's book *Runaway Comrade*. Here, from left (with each one's total Comrades medals and golds in brackets), are De la Motte (5/3), Boysie van Staden (37/6), Dave Williams (40), Dave Rogers (45/3), Dave Lowe (41), Kenny Craig (40), Steve Atkins (13/3), Guru Wessels (22/2) and Derrick Tivers (11/2). [Kazmac Photography]

In a rather wet 37th Vital Winelands Marathon in Stellenbosch Candyce Hall (3:11:04) retained her title with ease, but defending men's champion Dicardo Jakobs was outsprinted in the last 50 metres by Wanda Roro (2:27:11). The event included a 10 km for the first time; a total of 3475 finished the three races.

Riël Hauman

INCLUDED IN THIS ISSUE:

* Greater Edendale 10 km Challenge, Pietermaritzburg

- * Sportsmans Warehouse 15 km, Boksburg
- * South African Half-marathon Championships, Pretoria
- * Vital Winelands Marathon, Half Marathon & 10 km, Stellenbosch
- * Lotto Nelson Mandela Bay City Half Marathon, Port Elizabeth
- * Kolonade Retail Half Marathon & 10 km, Pretoria
- * TomTom Street Mile Meeting, Tembisa

International highlights:

- * Yokohama Women's Marathon, Yokohama, JPN
- * Ageo City Half Marathon, Ageo, JPN

CORRECTIONS & ADDITIONS

NIKE SOWETO MARATHON

Corrected results of the top ten men were included in last week's DRR. The top twenty men and women in the marathon and top ten in the half marathon have now been finalised (with further changes from last week's list). Here is the list, with thanks to Craig van der Westhuizen.

Marathon

MEN

1. Sintayehu Legese Yinesu (ETH) 2:17:55 (R100 000)
2. Motlokoa Nkhabutlane (LES) 2:18:10 (R50 000)
3. Teboho Sello (LES) 2:18:33 (R25 000)
4. Ramolefi Motsieloa (LES) 2:19:06 (R15 000)
5. Amos Limakori (KEN) 2:19:16 (R10 000)
6. Matela Makhetha (LES) 2:20:35 (R7500)
7. Shadrack Kemboi (KEN) 2:21:28 (R6000)
8. Tsotang Maine (LES) 2:23:06 (R5000)
9. Ntsindiso Mphakathi 2:23:35 (R2500)
10. Victor Cherop (KEN) 2:24:31 (R2000)
11. Johannes Kekana, 42, 2:25:40; 12. Joseph Munyoki (KEN) 2:26:42; 13. Lympson Maifo (ZIM) 2:27:02; 14. Charles Tjiane, 40, 2:27:08; 15. Belachew Gebrselassie (ETH) 2:28:31; 16. Siyabonga Dingile 2:28:50; 17. Samuel Bolo 2:30:21; 18. Abram Khumalo 2:33:34; 19. Steven Dikobo 2:34:01; 20. Siphiwe Ndlela 2:34:03.

WOMEN (Same prize money as men)

1. Meseret Mengistu Biru (ETH) 2:36:02
2. Isabella Jepchumba (KEN) 2:51:32
3. Alemtsehay Hailu Kakissa (ETH) 2:52:32
4. Sisay Arsedo (ETH) 2:54:30
5. Moleboheng Mafata (LES) 2:56:31
6. Jennifer Koech (KEN) 2:56:53
7. Pamela Anesomuk (KEN) 2:57:50
8. Tabitha Tsatsa (ZIM), 42, 3:01:37
9. Poppy Mlambo 3:05:07
10. Lebohang Motsotsoana (LES) 3:08:05
11. Jane Mudau, 51, 3:14:23; 12. Lindy Benson 3:16:36; 13. Seipati Peo 3:20:00; 14. Megan Winderley 3:22:58; 15. Thuli Mbatha 3:25:41; 16. Melanie Banyard 3:27:19; 17. Sekwala Mamabolo 3:28:27; 18. Maria Vilakazi 3:30:07; 19. Martine Baker 3:31:31; 20. Nswiswi Tshilivhali 3:32:24.

Half marathon

MEN

1. Joel Mmone 1:07:15 (R10 000)
2. Xolisa Tyali 1:07:15 [correct] (R5000)

3. Phillip Birech (KEN) 1:07:36 (R3000)
4. Lebenya Nkoka (LES) 1:08:21 (R1500)
5. Philani Buthelezi 1:08:42 (R1000)
6. Chabeli Nyedimane 1:09:38
7. Tumelo Mahlangu 1:11:02
8. Matthews Leeto 1:11:06
9. Jonas Makhele 1:11:11
10. Obed Kopong 1:12:06

WOMEN (Same prize money as men)

1. Mapaseka Makhanya 1:22:09
2. Anna Moeketsi 1:23:09
3. Samukeliso Moyo (ZIM) 1:24:08
4. Caroline Wostmann 1:24:47
5. Kefilwe Molefe 1:31:06
6. Natalie Ross 1:33:44
7. Cath Drummond 1:36:26
8. Anna Tembo (MAW) 1:36:43
9. Lerato Mokopanela 1:36:44
10. Kate McDade 1:37:09

BACKGROUND

DIV AND WILLIE BOTH CELEBRATE ON 13 NOVEMBER

By Riël Hauman

On Thursday, 13 November, I was privileged and honoured to attend the 80th birthday celebration of one of South Africa's greatest distance runners and the man who, on his 30th birthday, set the initial pace for De Villiers Lamprecht when he became South Africa's first



sub-4 minute miler on 13 November 1964. Willie Olivier was born on 13 November 1934 in Robertson.

Frans le Grange, Willie Olivier, Gerhard Dekkers and Sybrand Mostert at Olivier's 80th birthday celebration last week, which was also the 50th anniversary of De Villiers Lamprecht's first South African dream mile. [Riël Hauman]

It was a joyous occasion on a wine estate near Stellenbosch that was also attended by two athletes coached by Olivier, and both former distance greats, Frans le Grange and Gerhard Dekkers, as well as by former Western Province stalwart, masters athlete and coach to many distance runners, Sybrand Mostert.

The stories – and leg-pulling – abounded and this writer, who wasn't the youngest there but certainly the least accomplished athlete, listened with wonderment at how these top runners of 40, 50 years ago trained, travelled to countrywide meetings – mostly by train – and competed. Not to mention the lack of monetary rewards. The contrast with today's pampered, spoilt and self-indulgent elite was obvious.

Olivier won eleven SA titles (1 mile in 1962; 3 miles in '58, '59, '61, '62 and '63; 6 miles in '59 and '62; steeplechase in '69 and '71; cross-country in '64) and set nineteen SA records, with bests of 8:46.8 for 2 miles, 13:39.5 for 3 miles, 14:09.9 for 5000 m, 27:41.8 for 6 miles (this placed him eighth on the world list for 1967), 29:03.8 for 10000 m and 8:50.1 for the steeplechase. He recorded a national record of 2:20:21 for the marathon in 1968 and had a best mile time of 4:03.1 (1968). In 1962 he won the British indoor mile title in 4:12.1.

He won the second Peninsula Marathon in 1965 and repeated the performance in 1968 and 1969. He won the first nine editions of the Don Lock Memorial Race, an unprecedented feat, and also finished first in the 1966 Paarl Mountain Race.

Olivier was SA Athlete of the Year in 1963, accorded the title with a huge margin of votes by the experts who took part in the poll.

Le Grange set three SA records in the steeplechase, all in 1971, with a best of 8:45.5, and twice won the SA title in this event, while Dekkers excelled primarily as a junior, winning the Peninsula Marathon in 1967 at the age of 18 and the Don Lock two years later. He still holds the Western Province junior marathon record at 2:24:13, set in 1967. His best times for 5000 m and 10000 m were 14:17.4 and 29:54.4; in the steeplechase he ran 9:27.6. Mostert, four years Olivier's junior, had best times of 14:31.4 for 3 miles and 30:17.0 for 6 miles; he later was also an accomplished road runner and competed until four years ago.

It is a great shame that the anniversary of the historic race in the Coetzenburg Stadium went by with relative little fanfare and that the Maties Athletics Club did not see its way clear to celebrate it with a distance events meeting on the famous track, and also that the milestone in the life of Olivier, one of the best athletes produced in Western Province, had to be celebrated privately and was not acknowledged officially.

□ In their prime Deon and Gerhard Dekkers were one of the most successful brother combinations in SA athletics. Deon won the SA cross-country title in 1969 and was the Tafelberg road race champion three years in succession – 1969, 1970 and 1971. He also won the Don Lock race in 1970. He had bests of 3:47.5 for 1500 m, 4:02.1 for the mile (see This month in history in this issue), 8:04.4 for 3000 m, 8:46.1 for 2 miles (SA record), 13:58.4 for 5000 m, 29:22.6 for 10000 m, and 9:40.6 for the steeplechase. Deon's daughter, Michelle, won the Runners' Memorial Race in Cape Town in 1983 and the Don Lock in 1984. The Dekkers family has been living in Texas for many years. Michelle's son, Matthew Maton, is one of the best high school distance runners in the USA; he clocked a PB 4:03.23 to finish second in the high school mile at the Diamond League Meeting in New York in June and won both the high school 1500 m (3:55.85) and 3000 m (8:18.66) in meeting records at the Oregon Relays in April. At another high school meeting in May he ran even faster, clocking 3:49.38.

□ Well-known Western Cape race announcer Harold Berman tells an interesting story about the first dream mile at Coetzenburg. He was "still an apprenticed timekeeper, having not yet received my accreditation from Martin du Toit", but was working at the meeting as part of his practical duty. "In the one mile we all started our watches. One of the official timekeepers, a Mr Lotriet, got into a flap as his watch had stopped. He asked to borrow mine, as he was appointed to time the first man home. Naturally I lent the watch to him." So Berman's watch recorded the first SA sub-4 minute mile.

ROAD RUNNING

Greater Edendale 10 km Challenge (3rd)

Pietermaritzburg, 16 November

(Loop course. Finishers: 587 [up from 482 last year].)

Note: Male winner Siyabonga Nkonde and Philani Buthelezi both ran the SA Half Marathon the previous day, where Nkonde finished second; Amos Rotich and Hellen Kimutai ran the Lotto Nelson Mandela Bay City Half Marathon on Saturday. – Ed.

MEN

1.	Siyabonga Nkonde	Boxer AC	30:46
2.	Ndumiso Sokhela	Speed Explosion	31:13
3.	Amos Rotich	KEN/Phatane AC	31:15
4.	Philani Buthelezi	Boxer AC	31:21
3.	Bonginkosi Zwane	Phatane AC	31:25

40-49:

1.	Nkosinathi Nyamakazi	Phuma KZN	33:12
2.	Petros Sosibo	Nedbank AC	34:41
3.	Thabani Mchunu	Vultures AC	36:51

50-59:

1.	Bheki Mbhele	Phuma KZN	41:29
2.	Ellington Phakathi	Coll Harr	43:56
3.	Joseph Dumakude	VAC	44:55

60+:

1.	Reuben Gema	Ixopo AC	49:22
2.	Johan Nel	Max Elite	51:54
3.	Bonginkosi Mdladla	SAPS	56:35

Juniors:

1.	Ndumiso Sokhela	Speed Explosion	31:13
2.	Aphele Phungula	Umzinkulu AC	33:05
3.	Mthokozisi Mazibuku	Speed Explosion	33:34

WOMEN

1.	Lineo Chaka	LES/Nedbank AC	36:25
2.	Hellen Kimutai	KEN/Phatane AC	37:21
3.	Janet Dlamini	Umzinkulu AC	38:53
4.	Morri Dladla	Savages AC	42:26
5.	Notisekelo Mbambo	Natal Carb	43:12

40-49:

1.	Sibongile Zigubu	Eskom AC	45:54
2.	Tholakele Ngcobo	Eskom AC	50:01
2.	Lungile Nkosi	Eskom AC	51:48

50-59:

1.	Trish Botton	Natal Carb	63:22
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60+:

1.	Thandi Masu	Ind	60:58
2.	Josephine Goss	Natal Carb	62:32
3.	Irma Stephens	Eskom AC	65:28

Juniors:

1.	Nonhlanhla Gcina	Umzinkulu AC	44:23
2.	Sthembili Hadebe	Shongweni AC	44:54
3.	Nondumiso Hadebe	Natal Carb	48:07

Sportsmans Warehouse 15 km

Boksburg, 16 November
(Loop course. Finishers: 935)

MEN

1 Philemon Mathiba (Elim) 48:24; 2 Motobi Joala (Elim) 50:12; 3 Mbuso Gazu (BNAC) 50:40.

Veterans: 1 George Mooi (Gallopers) 53:09; 2 Siphon Dlamini (Callies) 54:21; 3 Iain MacDonald (RAC) 54:54. **Masters:** 1 Tony Silva (BCC) 56:01; 2 Arthur Woolridge (BCC) 58:22. **G'masters:** 1 Norman Milne (BNAC) 69:44. **G/g'masters:** 1 Sydwell Mhlongo (BNAC) 82:00. **Juniors:** 1 Tinus Heyns (Chappies) 88:49.

WOMEN

1 Keshoketswe Lechaba (LES/Elim) 61:30; 2 Lorraine Barry (BNAC) 63:41; 3 Thuli Mbata (Kathlehong) 64:05.

Veterans: 1 Lorraine Barry (BNAC) 63:41; 2 Thuli Mbata (Kathlehong) 64:05; 3 Heather Walden (Born 2 Run) 65:22. **Masters:** 1 Frith v.d. Merwe (Benoni High) 70:28; 2 Linda Loxley (Temp) 75:54. **G'masters:** 1 Bella Carmichael (RRW) 84:51. **G/g'masters:** 1 Dor van Heerden (Fit 2000) 2:15:54. **Juniors:** 1 Robyn Kaltenbrunn (Benoni High) 64:37.

South African Half-marathon Championships

(33rd for men; 29th for women)

Pretoria, 15 November

(Distance: 21.1 km; certified loop course. Finishers: 175 [down from 326 last year].)

MEN

1	Precious	MASHELE	AGN	24	1:05:42	R5000
2	Siyabonga	NKONDE	KZNA	26	1:06:05	R4000
3	Lucas	JANI	AGN	30	1:06:16	R3000
4	Chabeli	NYEDIMANE	AFS	31	1:07:20	R2000
5	Thabang	MOSIAKO	ACNW	19	1:07:28	R1000
6	Philani	BUTHELEZI	KZNA	25	1:07:35	
7	Benedict	MOENG	AGN	31	1:07:41	
8	Sikhumbuzo	SEME	AGN	29	1:07:42	
9	Sithembele	FANEKHO	KZNA	23	1:07:44	
10	Phillimon	MATHIBA	CGA	22	1:07:55	
11	Xolisane	XAMKELE	AVT	28	1:08:10	
12	Silindile	GUBESE	KZNA	27	1:08:10	
13	Puseletso	MOFOKENG	AVT	21	1:08:23	
14	Steve	NGQOLA	AGN	26	1:08:35	
15	Amos	THANJEKWAYO	AMPU	25	1:08:58	
16	Lucky	MTSHALI	CGA	30	1:09:16	
17	Emmanuel	MKHABELA	AFS	35	1:09:19	
18	Ntuthuko	MASEKO	AMPU	37	1:09:28	
19	Jonas	SOKE	AFS	26	1:09:51	
20	Philani	MKHWANAZI	AMPU	34	1:09:58	
21	Enoch	SKOSANA	AGN	40	1:10:00	
22	Mthandazo	QHINA	WPA	37	1:10:18	
23	Paul	RAMAKOPO	AVT	37	1:10:47	
24	Elias	MABANE	AGN	45	1:11:12	
25	Simon	MOKONYOMA	AGN	22	1:11:12	
26	Motsamai	MOTONE	AGN	34	1:11:13	
27	Lovers	HLATSHWAYO	AMPU	33	1:11:35	
28	Xwazi	SIHLALO	AGW	40	1:11:35	

29	Edwin	KHONKHOB	CGA	28	1:11:57
30	Tshwanelo	MOJOKENG	CGA	27	1:12:00
31	Altus	BADENHORST	AGN	24	1:12:07
32	Piet	MPHETENG	AFS	36	1:12:16
33	Mohapi	LEBUSHO	SANDF	23	1:12:57
34	Tshepo	MOTSEHELA	AFS	27	1:13:01
35	Njabulo	TSHABALALA	CGA	19	1:14:04
36	Tumelo	BAALE	SANDF	23	1:14:06
37	Rapelang	KGAJE	AGN	29	1:14:49
38	Itumeleng	TSHETLANYANE	CGA	25	1:14:57
39	Sampie	MOKGATLA	AVT	35	1:15:20
40	Ivan	AMBRAAL	SANDF	25	1:15:31
41	Edwin	MAJWAFI	CGA	19	1:15:53
42	Stuart	MCCOLL	ACNW	54	1:16:08
43	John	MONTOEDI	AFS	19	1:16:14
44	Simon	MPHULANYANE	CGA	44	1:16:22
45	Tyson	SIWEYA	CGA	42	1:16:30
46	Jonathan	EDWARDS	KZNA	38	1:16:40
47	Sipho	MOITSE	SANDF	35	1:16:51
48	Richard	DLAMINI	KZNA	45	1:16:51
49	Samson	MKHIZE	SANDF	41	1:16:54
50	Demetrius	JANSEN	SANDF	40	1:17:24

(Prize money was awarded in ten-year age categories.)

40-44:

1	Enoch	SKOSANA	AGN	40	1:10:00	R1000
2	Xwazi	SIHLALO	AGW	40	1:11:35	R250
3	Simon	MPHULANYANE	CGA	44	1:16:22	

45-49:

1	Elias	MABANE	AGN	45	1:11:12	R500
2	Richard	DLAMINI	KZNA	45	1:16:51	
3	Dirk	CLOETE	AGN	46	1:24:24	

50-54:

1	Stuart	MCCOLL	ACNW	54	1:16:08	R1000
2	Sanneya	SHONGOANE	SANDF	52	1:27:34	R250
3	Pele	SINDANA	SANDF	50	1:27:35	

55-59:

1	Samuel	MOGUDI	CGA	58	1:25:55	R500
2	Edward	SIBANDA	SANDF	55	1:30:41	
3	Madumetja	SEKHWELA	AGN	55	1:31:48	

60-64:

1	Lawrance	RAUBENHEIMER	KZNA	61	1:29:36	R1000
2	Willie	MAISELA	CGA	62	1:30:01	R500
3	Muhammad	KRIEL	WPA	60	1:30:48	R250

65-69:

1	Paulus	MASILELA	AGN	68	1:34:39	
2	Les	SMITH	KZNA	65	1:47:23	

70-74:

1	Roger	BAILEY	KZNA	73	1:53:55	R1000
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Juniors:

1	Thabang	MOSIAKO	ACNW	19	1:07:28	R3000
2	Njabulo	TSHABALALA	CGA	19	1:14:04	R2000
3	Edwin	MAJWAFI	CGA	19	1:15:53	R1000

WOMEN (Same prize money as men)

1	Makhosazana	MHLONGO	KZNA	32	1:18:56	
2	Thozama	APRIL	AGN	29	1:22:07	

3	Anna	MOEKETSI	AFS	29	1:23:40
4	Bulelwa	SIMAE	WPA	37	1:23:46
5	Andronica	MOKGOTLA	CGA	25	1:25:26
6	Anneri	KRUGER	AGN	32	1:26:21
7	Silindile	CHILI	KZNA	20	1:26:43
8	Cherelee	GELDERBLOM	AMPU	18	1:27:44
9	Judy	BIRD	CGA	53	1:27:54
10	Gillian	SIELING	CGA	45	1:28:31
11	Maryna	SWANEPOEL	AFS	28	1:29:44
12	Melanie	BARNARD	AGN	38	1:30:38
13	Sandra	VAN GRAAN	WPA	46	1:31:40
14	Kataza	SHIPALANA	AGN	28	1:32:16
15	Noria	SIBANDA	AMPU	26	1:32:37
16	Ntokozo	DLAMINI	AMPU	25	1:32:46
17	Gift	RAMABELE	AMPU	32	1:35:00
18	Nomasonto	SKOSANA	CGA	43	1:35:14
19	Judith	PEO	CGA	33	1:35:16
20	Sanet	BRITS	ASWD	55	1:35:29
21	Nancy	WILL	WPA	62	1:35:54
22	Jackie	SOICHER	CGA	48	1:36:49
23	Marizel	CELLIERS	AGN	19	1:37:20
24	Precoius	TSHABALALA	AMPU	31	1:37:37
25	S	NELL	AGN	43	1:37:40
26	Maputi	PHAKA	CGA	36	1:37:59
27	Viv	WILLIAMS	WPA	52	1:38:19
28	Sheryl	DE LANGE	WPA	46	1:38:38
29	Paulina	MOKOENA	AVT	46	1:38:38
30	René	STRYDOM	CGA	50	1:38:51
31	Sandra	STEENKAMP	AGN	54	1:39:47
32	Vanessa	FOURIE	AGN	45	1:40:00
33	Amanda	SILVER	CGA	35	1:40:08
34	Sandra	DE BEER	SANDF	45	1:40:26
35	Annemarie	KRUGER	AGN	44	1:41:51
36	Jackie	FREY	CGA	53	1:42:21
37	Florence	MOLAWA	AVT	46	1:42:47
38	Kebileng	MOHLOKO	AFS	19	1:43:16
39	Elsabe	BRINK	AGN	52	1:43:17
40	Franci	MYBURGH	AGN	30	1:43:42
41	Cornia	BROERE	AGN	46	1:45:07
42	Thembeke	KETSEKILE	CGA	53	1:45:57
43	Lethiwe	ZONDO	AGN	46	1:45:58
44	Rae	CLARITHEW	AGN	42	1:46:00
45	Ansa	STRYDOM	AGN	51	1:46:10
46	Linda	VAN DER GRYP	CGA	52	1:47:38
47	Rita	LOOTS	CGA	53	1:47:43
48	Blanche	VAN VUUREN	AGN	46	1:48:13
49	Sonia	SCHEEPERS	AGN	51	1:48:48
50	Jeannie	DE BEER	AGN	18	1:49:45

40-44:

1	Nomasonto	SKOSANA	CGA	43	1:35:14	R250
2	S	NELL	AGN	43	1:37:40	
3	Annemarie	KRUGER	AGN	44	1:41:51	

45-49:

1	Gillian	SIELING	CGA	45	1:28:31	R1000
2	Sandra	VAN GRAAN	WPA	46	1:31:40	R500
3	Jackie	SOICHER	CGA	48	1:36:49	

50-54:

1	Judy	BIRD	CGA	53	1:27:54	R1000
2	Viv	WILLIAMS	WPA	52	1:38:19	R250
3	René	STRYDOM	CGA	50	1:38:51	

55-59:

1	Sanet	BRITS	ASWD	55	1:35:29	R500
2	Christa	MOUTON	AGN	57	2:10:04	

60-64:

1	Nancy	WILL	WPA	62	1:35:54	R1000
2	Sandy	FISMER	KZNA	61	1:51:15	R500
3	Vollie	SPIES	AGN	62	1:52:20	R250

65-69:

1	Rea	OOSTHUIZEN	ASWD	68	1:56:05	
2	Elaine	GREENBLAT	CGA	65	2:01:24	

70-74:

1	Gill	TREGENNA	KZNA	72	2:22:47	R1000
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Juniors:

1	Cherelee	GELDERBLOM	AMPU	18	1:27:44	R3000
2	Marizel	CELLIERS	AGN	19	1:37:20	R2000
3	Kebileng	MOHLOKO	AFS	19	1:43:16	R1000

Vital Winelands Marathon (37th), Half Marathon (18th) & 10 km (1st)

(Incorporating the Boland Marathon Championships)

Stellenbosch, 15 November

(Distances: 42.195 km, 21.1 km & 10 km. Marathon & Half Marathon: certified, hilly loop courses, with approx. 5 km on gravel. 10 km: Certified, hilly loop course, starting with a steep climb to 3 km; many turns. Weather: Cold and overcast, with rain showers, including a brief hailstorm. Finishers: marathon – 861 men + 358 women = 1219 total [up from 986 last year]; half marathon – 722 men + 806 women = 1528 total [up from 1101 last year]; 10 km: 728.)

Note: The Boland marathon titles went to Ahmed Hassan (2:35:22) and Liana Maree (3:25:28). – Ed.

Marathon**MEN**

1	Wanda	Roro	Itheko	2:27:11	R2000
2	Dicardo	Jakobs	Itheko	2:27:15	R1500
3	Velani	Lusaseni	Midas	2:30:25	R1000
4	Bernard	Rukadza	ZIM/Gugs	2:30:28	
5	Phakamisa	Zulu	Drakens	2:33:46	
6	Ahmed	Hassan	Ned Bol	2:35:22	
7	Tsungai	Mwanengeni (1 st vet)	ZIM/NBMC	2:36:56	
8	Oscar	Coetzee	NBMC	2:37:25	
9	Luyanda	Mapoyi	Wild	2:37:33	
10	Anele	Mnukwa	Elgrab	2:38:36	
11	James	Cunnama	Temp	2:40:05	
12	Simphiwe	Vellem	Gugs	2:40:55	
13	Pieter	Koopman	Ned Bol	2:41:13	
14	Imran	Paya	Gugs	2:41:54	
15	Mandla	Pangalele	Gugs	2:42:53	
16	Laban	Ponco	Ned	2:43:45	
17	Phumlani	Shabalala	Celtic	2:45:59	
18	Faizel	October	NBMC	2:46:34	
19	Luntu	Kosana	Gugs	2:46:58	
20	Xolile	Macanda	Gugs	2:47:54	

Veterans:

1	Tsungai	Mwanengeni	ZIM/NBMC	2:36:56	R1000
2	Pieter	Koopman	Ned Bol	2:41:13	R750
3	Xolile	Macanda	Gugs	2:47:54	R500

Masters:

1	Shafiek	Cassiem	Itheko	3:01:49	R500
2	Abraham	Fielies	Ned Bol	3:05:05	R400
3	Desmore	Oppel	Durbac	3:06:54	R300

G'masters:

1	Arthur	Valasis	Hamlet	3:33:21	R300
2	Brian	Merryweather	Edge	3:41:41	R250
3	Ian	Bocock	Forest	3:45:27	R200

WOMEN (Same prize money as men)

1	Candyce	Hall	Carbineers	3:11:04	
2	Laura	Peddle	Strand	3:16:29	
3	Marjorie	Van der Merwe (1 st vet)	Temp	3:22:19	
4	Funeka	Zaula	Makana	3:24:57	
5	Liana	Maree	Stellen	3:25:28	
6	Anneke	Slabbert	Stellen	3:29:57	
7	Robyn	Woodward	Temp	3:30:23	
8	Angelique	Rabie	Pine	3:32:28	
9	Belinda	Noades	Ned Bol	3:33:08	
10	Lynn	Davis	AAC	3:35:30	
11	Marietjie	De Vries	Strand	3:36:57	
12	Charisse	Hansen	Lbaan	3:38:58	
13	Shehaam	Fakier	Tform	3:39:15	
14	Shaan	Corie	Temp	3:39:59	
15	Christy	Smith	Durbac	3:40:19	
16	Kim	Stephens	Wild	3:40:26	
17	Louisa	Botha	NBMC	3:41:59	
18	Louise	Muller	NBMC	3:42:11	
19	Inge	Reissenzahn	Pine	3:43:02	
20	Elizabeth	Bax (1 st mast)	Pine	3:44:44	

Veterans:

1	Marjorie	Van der Merwe	Temp	3:22:19	
2	Anneke	Slabbert	Stellen	3:29:57	
3	Angelique	Rabie	Pine	3:32:28	

Masters:

1	Elizabeth	Bax	Pine	3:44:44	
2	Vivien	Fransman	Namaq	3:51:41	
3	Natalie	De Villiers	Maties	3:53:39	

G'masters:

1	Annelie	Van der Linde	Durbac	3:59:30	
2	Styntjie	Prins	Paarl	4:01:27	
3	Ruth	Leverton	Pine	4:27:51	

Half marathon

MEN

1	Duane	Fortuin	Itheko	1:08:29	CR R1500
2	Sityhilo	Diko	Ned	1:08:33	R1000
3	Gershwin	Jacobs	Ned	1:08:53	R750
4	Khosinathi	Sontany	Itheko	1:09:19	
5	Bronwyn	Van Ryn	NBMC	1:10:49	
6	Alvino	Cupido		1:11:43	

7	Akhona	Makila	VOB	1:12:02
8	Phumlani	Nxusani	Ned	1:13:04
9	Mpendulo	Sigwadi	Gugs	1:13:19
10	Riaan	Witbooi	Eerste	1:14:24
11	Shawn	Abrahams (1 st vet)	Itheko	1:14:27
12	Raydon	Balie	Wild	1:15:36
13	Lawrence	Chipangaan	Gallopers	1:16:06
14	Phumezo	Gelem	East	1:16:23
15	Andre	Adriaanse	Eerste	1:17:28
16	Xolisa	Malane	Wild	1:19:52
17	Anele	Kosana	Gugs	1:20:02
18	Jonty	Low	Temp	1:20:08
19	Ben	Waterboer	Namaq	1:20:25
20	Richard	Burman	UCT	1:20:31

Veterans:

1	Shawn	Abrahams	Itheko	1:14:27	R1000
2	Lawrence	Chipangaan	Gallopers	1:16:06	R750
3	Nicholas	Mpontshane	Wild	1:21:24	R500

Masters:

1	Julian	Paul	SANDF	1:24:17	R500
2	Eric	Mlonyeni	Strand	1:28:46	R300
3	Louis	Claassen	Amsac	1:29:39	R200

G'masters:

1	Albert	Williams	Tform	1:33:41	R300
2	Carel	Muller	Stellen	1:36:21	R200
3	Christian	Edwards	VOB	1:37:41	R100

Juniors:

1	Marchel	Arend	Salkor	1:30:19	R200
2	Brendon	Peters	Salkor	1:30:23	R150
3	Qiyaam	Mallick	Temp	1:56:54	R100

WOMEN (Same prize money as men)

1	Nomvuyisi	Seti	Itheko	1:21:20
2	Jodie	Swallow	GBR	1:21:27
3	Ulrica	Stander (1 st vet)	NBMC	1:23:12
4	Wilna	Eybers	Strand	1:29:29
5	Ursula	Turck	Strand	1:29:42
6	Elmarie	Coetzee (1 st mast)	NBMC	1:29:49
7	Ursula	Frans	NBMC	1:30:45
8	Carien	Ross	Strand	1:31:02
9	Tanya	Posthumus-Fox	Century	1:31:52
10	Helene	Roux	NBMC	1:32:25
11	Evonne	Nieuwoudt	Paarl	1:32:33
12	Mariëtte	Strauss	Tyger	1:33:14
13	Tracy	Forbes	VOB	1:33:55
14	Elizabeth	De Gouveia	Durbac	1:34:50
15	Christine	De Kock (1 st jun)	Durbac	1:35:09
16	Alex	Adie	VOB	1:35:12
17	Jana	Trojan	CZE/VOB	1:35:17
18	Charmaine	Cupido	Ned	1:35:54
19	Samantha	Griebenow	Temp	1:37:21
20	Chantal	Foulkes	Temp	1:37:35

Veterans:

1	Ulrica	Stander	NBMC	1:23:12
2	Wilna	Eybers	Strand	1:29:29

3	Ursula	Turck	Strand	1:29:42	
Masters:					
1	Elmarie	Coetzee	NBMC	1:29:49	
2	Mariëtte	Strauss	Tyger	1:33:14	
3	Charmaine	Cupido	Ned	1:35:54	
G'masters:					
1	Helen	Du Plessis	Tyger	1:49:35	
2	Koba	Bellingan	Stellen	1:50:58	
3	Louisa	Van der Westhuizen	Stellen	1:55:23	
Juniors:					
1	Christine	De Kock	Durbac	1:35:09	
2	Mari	Vermeulen	Ned	1:50:09	
10 km					
MEN					
1	Danzil	Paulse	East	31:49	R500
2	Vuyolwethu	Mbukushe	Gugs	31:58	R300
3	Duran	Byman	Itheko	32:03	R200
4	Siboniso	Soldaka	CPUT	32:31	
5	Granwin	Katzen (1 st jun)	Itheko	33:10	
6	Avela	Mgcotyelwa	Temp	33:58	
7	Samuel	Van der Merwe	Bell	35:09	
8	Denzil	Byman	Itheko	37:34	
9	Unathi	Ntetha	AAC	38:16	
10	Randall	Smith	Itheko	39:29	
Veterans:					
1	Jonathan	Maree	East	1:08:42	R250
2	Jerome	Richards	Ravens	1:09:00	R150
Masters:					
1	Frank	Gillion	Whalers	43:21	R150
2	Nathan	Wessels	Panor	48:49	R100
3	Michael	Adams	Spartan	51:24	R75
G'masters:					
1	Paul	San Giorgio	VOB	48:38	R100
2	Loutjie	Swartz	Swart	52:05	R75
3	Jacques	Oosthuizen	Bracken	54:05	R50
Juniors:					
1	Granwin	Katzen	Itheko	33:10	R250
2	Samuel	Van der Merwe	Bell	35:09	R150
3	Denzil	Byman	Itheko	37:34	R100
WOMEN (Same prize money as men)					
1	Pamela	Moyikwa (1 st jun)	VOB	42:05	
2	Fortunate	Chidzivo	ZIM/Itheko	42:06	
3	Destiny	Titus	Itheko	45:09	
4	Cariena	Steenkamp	Temp	47:54	
5	Jana	Van Houwelingen	AAC	48:30	
6	Liezl	Heerschap	Temp	49:18	
7	Lohandi	Janse van Rensburg	Temp	49:43	
8	Zahn	Munch (1 st mast)	Stellen	51:24	
9	Este	Fritz	Temp	51:46	
10	Mione	Smith	Temp	51:55	
Veterans:					
1	Sophia	Du Plessis	Stellen	54:27	
2	Retha	Van Rensburg	Lego	55:53	
3	Marilyn	Maree	East	1:09:26	

Masters:

1	Zahn	Munch	Stellen	51:24
2	Hilary	Rhode	Edge	54:28

G'masters:

1	Kathy	Burr	Temp	57:59
2	Esther	Warnich	Swart	1:07:23
3	Christine	Williams	VOB	1:14:18

Juniors:

1	Pamela	Moyikwa	VOB	42:05
2	Londeka	Miya	Gugs	1:06:58
3	Raesah	Sedick	Temp	1:41:03

Lotto Nelson Mandela Bay City Half Marathon

Port Elizabeth, 15 November

(Distance: 21.1 km. Finishers: 804. Weather: cool, very strong wind.)

MEN

1	Elroy	Gelant	Transnet AC AGN	28	1:04:20	R35 000
2	Gladwin	Mzazi	Transnet AC AGN	26	1:04:25	R20 000
3	Joel	Mmone	Nedbank RC CNW	23	1:04:25	R12 500
4	Lucky	Mohale	Maxed Elite CGA	29	1:04:28	R10 000
5	Pheeha	Mokgobu	Maxed Elite CGA	25	1:04:44	R8000
6	Sibusiso	Nzima	Nedbank RC CGA	27	1:04:58	R6000
7	David	Manja	Nedbank RC CNW	23	1:05:35	R5000
8	Xolisa	Tyali	Nedbank RC CGA	25	1:05:47	R4000
9	Mariano	Eesou	Madibaz AC	22	1:07:04	R3000*
10	Lungile	Gongqa	Nedbank RC WPA	35	1:07:34	R2000
11	Amos	Rotich	KEN/Phantane AC	26	1:08:02	
12	Zolani	Ngqqa	Madibaz AC	25	1:08:13	R3000**
13	Nkosinathi	Madyo	Nedbank RC WPA	26	1:08:31	
14	Mbongeni	Ngxazozo	Gauteng Striders	34	1:08:35	
15	Melikhaya	Frans	Nedbank RC EP	22	1:08:35	R1000#
16	Zongamele	Dyubeni	Nedbank RC CGA	41	1:09:32	
17	Kgosi	Tsosane	Nedbank RC AGN	28	1:09:36	
18	Jonas	Makhele	Bidvest AC	33	1:09:37	
19	Tsotang	Maine	LES/Maxed Elite CGA	40	1:09:46	
20	Uveninawa	Kmugongelwa	ZIM	31	1:09:56	

*) Plus R5000 as first EP male.

**) 2nd EP male#) 3rd EP male

(All five-year age groups received the same prize money: R3000, R2000, R1000; the 70+ runners competed in one age group.)

40-44:

1	Zongamele	Dyubeni	Nedbank RC CGA	41	1:09:32
2	Tsotang	Maine	LES/Maxed Elite CGA	40	1:09:46
3	Maxwell	Goodman	Ikhamva AC	41	1:11:32

45-49:

1	Never	Matiya	Bedfordview AC	45	1:14:40
2	Lindile	Tokota	Nedbank RC SWD	46	1:15:19
3	Makaya	Masumpa	Born To Run	48	1:16:07

50-54:

1	Desmond	Zibi	Ikhamva AC	51	1:17:05
2	Daniel	Mothibe	New Balance AGN	52	1:17:31
3	Lizo	Tomas	Temp	52	1:19:12

55-59:

1	Francis	Mukuka	ZAM/Phobians R C	59	1:20:09
2	Themba	Bhelwana	Oxford Striders	57	1:31:25
3	Disemba	Blou	Charlo AC	56	1:35:29

60-64:

1	Hannes	Els	Warriors AC	64	1:34:25
2	Sizinzo	Kama	Achilles AAA	63	1:37:03
3	Richard	Foss	Albany RR	60	1:39:04

65-69:

1	Don	Charles	Nedbank RC AGN	65	1:32:02
2	Daniel	Hlongwane	Nedbank RC AGN	66	1:39:29
3	Hansie	Els	Somerset East	66	1:42:41

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	72	1:39:30
2	Pele	Tshikundamalema	Toyota AC	74	1:43:45
3	Kobus	Gerber	PEAAC	70	1:53:34

80+:

1	Ernie	Verrall	Madibaz AC	80	2:25:14
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Juniors:

1	Kabelo	Melamu	Nedbank RC CGA	17	1:10:59
2	Sello	Mokoena	Cool Running AC	18	1:11:58
3	Aphelele	Fanekho	Nedbank RC AVT	18	1:12:48

WOMEN

1	Mapaseka	Makhanya	Boxer Superstores AC	29	1:14:43	
2	Mamorallo	Tjoka	LES/Adidas AC	30	1:15:12	
3	Lebogang	Phalula	Transnet AC AGN	31	1:15:29	
4	Lebo	Phalula	Maxed Elite CGA	30	1:15:51	
5	Hellen	Kimutai	KEN/Phantane AC	32	1:16:09	
6	Anna	Amutoko	NAM	32	1:17:01	
7	Nolene	Conrad	Boxer Superstores AC	29	1:17:11	
8	Christine	Kalmer	Boxer Superstores AC	28	1:18:43	
9	Zintle	Xiniwe	NBMC WPA	28	1:19:10	
10	Mpho	Mabuza	Gallopers AC	35	1:19:17	
11	Ntombesintu	Mfunzi	Nedbank RC EP	32	1:21:23	R5000*
12	Keneilwe	Sesing	Nedbank RC AGN	26	1:21:58	
13	Samukeliso	Moyo	ZIM/Maxed Elite KZN	40	1:23:38	
14	Tabitha	Tsatsa	ZIM/Maxed Elite KZN	42	1:23:39	
15	Catherine	Skosana	Nedbank RC AGN	34	1:24:01	
16	Natalie	Ross	Temp	24	1:26:30	R3000**
17	Patience	Khumalo	Tshwane UT	26	1:27:37	
18	Babalwa	Ngcoko	Nedbank RC EP	27	1:27:38	R1000#
19	Jane	Mudau	Nedbank RC AGN	51	1:27:45	
20	Liza-Marie	Kingston	Temp	32	1:28:21	

*) 1st EP female**) 2nd EP female#) 3rd EP female**40-44:**

1	Samukeliso	Moyo	ZIM/Maxed Elite KZN	40	1:23:38
2	Tabitha	Tsatsa	ZIM/Maxed Elite KZN	42	1:23:39
3	Davera	Magson	Nedbank RC EP	40	1:31:04

45-49:

1	Sarah	Mahlangu	Toyota AC	48	1:32:11
2	Catherine	Naane	Sibanya Gold AC	48	1:33:46
3	Grizelda	Pietersen	Maxed Elite EP	46	1:36:36

50-54:

1	Jane	Mudau	Nedbank RC AGN	51	1:27:45
2	Janette	Schierz-Crusius	Body Concept	54	1:39:35
3	Pat	Thomson	Temp	54	1:42:39

55-59:

1	Marie	Wolmarans	Nedbank RC SWD	55	1:42:29
2	Amanda	Wolmarans	Walmer AC	56	2:03:12
3	Christine	Snyman	Despatch AC	58	2:03:29

60-64:

1	Margie	Saunders	Nedbank RC EP	61	1:32:47
2	Jos	Els	Warriors AC	62	2:10:09
3	Helene	Oppel	Crusaders AC	64	2:18:56

65-69:

1	Pat	Scheepers	PEAAC	66	2:20:08
2	Jeanette	Pienaar	PEAAC	66	2:27:15
3	Olive	Williams	Temp	65	2:28:33

70-74:

1	Orgia	Nell	Muirite Striders	71	2:33:24
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75-79:

1	Dorothy	Hart	Charlo AC	76	3:19:18
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Juniors:

1	Tinyiko	Mulhui	Blue Sky AC	16	1:41:39
2	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	1:42:54
3	Siphokazi	Liwani	Motherwell AC	17	1:45:34

Kolonade Retail Half Marathon & 10 km

Pretoria, 15 November

(Distances: 21.1 km & 10 km; loop courses)

Half marathon**MEN**

1. Gustav Roos (B2R) 1:15:02
2. Musa Sibiyi (ACRW) 1:17:20
3. Elliott Makgoba (Ind) 1:20:40

Veterans: 1. Alpheus Maluleke (NB) 1:22:23. **Masters:** 1. Johannes Ramapakela (TAC) 1:25:03. **G'masters:** 1. Petrus Ratshikakala (Mag) 1:39:51. **G/g'masters:** 1. Willem de Villiers (Tuks) 2:20:37.

WOMEN

1. Renata Vosloo (Sunning) 1:32:27
2. Lesley Train (Toy) 1:32:48 (1st vet)
3. Zinhle Sinqe (TUT) 1:37:35

Veterans: 1. Lesley Train (Toy) 1:32:48. **Masters:** 1. Debbie Slater (Flor) 1:46:32. **G'masters:** 1. Hettie Coetzee (GM) 2:07:22.

10 km**MEN**

1. Bafana Dube (Trans) 32:57
2. Jacob Tsheko (Ind) 33:14
3. Musa Swakaxa (Trans) 33:55

Veterans: 1. Johannes Molepo (CS) 38:07. **Masters:** 1. Johan Walters (Ned) 42:13. **G'masters:** 1. Eben du Pisanie (Akasia) 53:46. **G/g'masters:** 1. Chris de Jager (Trans) 54:33.

WOMEN

1. Nandipha Dywili (Trans) 37:51
2. Carina Viljoen (Rand HS) 40:19
3. Jacque van der Waals (Ind) 41:08 (1st vet)

Veterans: 1. Jacque van der Waals (Ind) 41:08. **Masters:** 1. Connie Blom (NB) 46:48.

G'masters: 1. Mary Gevers (RWFL) 70:04. **G/g'masters:** 1. Mavis Stadler (Agape) 67:25.

TomTom Street Mile Meeting

Tembisa, 8 November

(Distances: 10 km & 1 mile)

Note: Lebo Phalula won the 10 km and finished second to twin sister Lebogang in the mile.

– Ed.

10 km

MEN

1	Lucky Mohale	Mr Price	29:51
2	Desmond Mokgobu	Maxed Elite	29:53
3	Elroy Gelant	NWU Pukke	30:00
4	Philip Birech	KEN/Global	30:02
5	Kgalalelo Mathabatha	Individual	30:51
6	Benedict Moeng	Transnet	31:22
7	Derocious Makhubalo	Nedbank	31:36
8	Givemore Mudzinganyama	ZIM/Bidvest	31:43
9	Africa Moilola	Nedbank	31:49
10	Shadrack Hoff (1 st vet)	New Balance	31:56

Veterans:

1	Shadrack Hoff	New Balance	31:56
2	Johannes Kekana	Mr Price	33:12
3	Kenneth Baloyi	Olifantsfontein	34:42

Masters:

1	Ian Morshead	Boksburg	38:10
2	Alfred Mpheshane	Individual	38:27
3	Sontaga Mabale	Breakthru Midrand	40:19

G'masters:

1	Don Charles	Nedbank	42:44
2	Daniel Motshwene	Individual	47:47
3	Patrick Mafilika	Nedbank	49:30

Juniors:

1	Tshwanelo Mojakeng	Individual	33:34
2	Thobile Mosito	Nedbank	33:54
3	Thato Pule	Take-It-Easy	34:42

WOMEN

1	Lebo Phalula	Mr Price	35:43
2	Tebogo Masehla	Bidvest	36:49
3	Mpho Mabuza	Gollopers	37:25
4	Nolene Conrad	Boxer	38:22
5	Jennifer Koech	KEN/Nedbank	38:56
6	Thozama April	Transnet	39:00
7	Nobuhle Tshuma	ZIM/Elim Clinic	39:24
8	Liziwe Mabona	Individual	40:00
9	Andronica Mokgotla	Toyota	40:19

10	Kefilwe Molefe	Nedbank	40:55
Veterans:			
1	Thuli Mbatha	Katlehong	43:06
2	Sarah Mahlangu	Toyota	45:04
3	Asarinah Nyathi	Individual	45:27
Masters:			
1	Natalie Sanders	Breakthru Midrand	50:36
2	Sonja Scheepers	Irene	53:24
3	Cynthia Nkhovane	Ricoh	54:30
G'masters:			
1	Ithuleng Boshoi	Sunning Hill	63:24
2	Muriel Charles	Nedbank	65:45
Juniors:			
1	Thandi Sehohle	Nedbank	43:47
2	Rethabile Letsou	Individual	46:26
3	Thabang Sebopa	Individual	46:35

1 mile**MEN**

1	Mthobisi Baloyi	NWU Pukke	4:10
2	Dumisane Hlaselo	Individual	4:14
3	Kgalalelo Mathabatha	Individual	4:17
4	Tseiso Moeketsi	NWU Pukke	4:20
5	Gladwin Mzazi	Transnet	4:21

WOMEN

1	Lebogang Phalula	Transnet	4:44
2	Lebo Phalula	Mr Price	4:49
3	Mapaseka Makhanya	Boxer	4:52
4	Anuschka Nice	Tuks	5:00
5	Lorraine Novela	Bhak	5:12

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**Yokohama Women's Marathon (6th)**

(IAAF Silver Label Road Race)

Yokohama, JPN, 16 November

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

1. Tomomi Tanaka 2:26:57
2. Philes Ongori (KEN) 2:26:59
3. Reia Iwade 2:27:21
4. Caroline Rotich (KEN) 2:27:32
5. Azusa Noriji 2:28:54
6. Tiki Gelana (ETH) 2:29:13
7. Alina Prokopyeva (RUS) 2:29:18
- 8) Olena Shurhno (UKR) 2:29:26

Ageo City Half Marathon (27th)

Ageo, JPN, 16 November

Distance: 21.1 km

MEN

1. Koki Takada 1:02:02
2. Takashi Ichida 1:02:03
3. Naoki Kudo 1:02:18
4. Shin-ichiro Nakamura 1:02:30
5. Hazuma Hattori 1:02:31
6. Shun Inoura 1:02:32
7. Shohei Otsuka 1:02:32
8. Jun Sato 1:02:49

STATS TIME

This week we include a list of the top ten SA men in the 10 km for 2014. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2014 10 KM: TOP 10 MEN

28:22	Gladwin Sibabalwe Mzazi	1	Cape Town	12 Oct
28:28	Lucky Modike Mohale	1	Mamelodi	12 Apr
28:44	Stephen Lesego Mokoka	1	Cape Town	21 Sep
28:47	Mzazi-2	2	Cape Town	21 Sep
28:51	Elroy Gelant	3	Cape Town	21 Sep
29:00	Kgosi Samuel Tsosane	1	Sasolburg	01 Feb
29:05	William Kaptein	4	Cape Town	21 Sep
29:06	Lungile Gongqa	1	Cape Town	05 Mar
29:10	Joel Mmone	5	Cape Town	21 Sep
29:11	Lukas Jani	2	Mamelodi	12 Apr
29:11	Mokoka-2	1	Bloemfontein	22 Feb
29:18	Anthony Godongwana	1	Port Elizabeth	26 Apr

THIS MONTH IN HISTORY

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

44 years ago: 13 November 1970

When 1970 began, only two South Africans – De Villiers Lamprecht and Fanie van Zijl – had run a sub-4 minute mile and the SA record of 3:58.6 stood behind the name of the man who ran the first one. Earlier in the year, in the Pilditch Stadium in Pretoria, Van Zijl had beaten Lamprecht for the SA 1500-metre title, but Lamprecht, then in the Defence Force, took the 5000 m in front of Koos Keyser, Andries Krogmann and Johnny Halberstadt. This evening the faithful gathered at Coetzenburg for the sixth anniversary of Lamprecht's ground-breaking dream mile on 13 November 1964. The date was the same, and once again Div did not disappoint. Although Deon Dekkers (4:02.1) and the up-and-coming Danie Malan (4:02.2), only 20, ran personal bests, it was no contest. Lamprecht smashed his national record with a superb 3:57.7 – his third and final SA record. The next year, again at Pilditch, he would win his third and final SA title.

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	28:22	Gladwin Mzazi	Cape Town	12 Oct
	27:25	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		01 Mar
	44:29	Lusapho April	Port Elizabeth	
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	58:48	Abraham Cheroben (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somersset East	
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		05 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:43	Stephen Mokoka	Shanghai	02 Nov
	2:02:57	Dennis Kimetto (KEN)		
	2:03:23	Wilson Kipsang (KEN) 2013		
	2:02:57p	Dennis Kimetto (KEN) 2014		
100 km	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	76:08	Stuart McColl	Pretoria	15 Nov
	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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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	67:28	Thabang Mosiako	Pretoria	15 Nov
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
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		
<u>Veterans (40+)</u>				
10 km	37:24	Paulina Phaho	Pretoria	31 May

15 km	32:14	Priscilla Welch (GBR) 1985		
	60:37	Sandra van Graan	Eersterivier	21 Jun
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	83:10	Suzette Botha	Mount Edgecombe	25 May
25 km	69:56	Irina Permitina (RUS) 2009		
	1:47:39	Michelle Mee	Pretoria	10 May
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:09:47	Ursula Turck	Parow	30 Mar
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:59:42	Zola Pieterse	Charleston	18 Jan
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
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	87:45	Jane Mudau	Port Elizabeth	15 Nov
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somersset East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<u>Grandmasters (60+)</u>				
10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:09	Margie Saunders	Port Elizabeth	18 Oct
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				
<u>Juniors</u>				
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	79:09	Annie Bothma	Bloubegstrand	08 Nov
	1:09:05	Delilah Asiago (KEN) 1991		

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