

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

Nedbank runner Sityhilo Diko scored two victories this past week, firstly in the challenging Sanlam Niel Joubert Plaaswedloop in Simondium (where he won by 4 seconds from Danzil Paulse), and secondly in the flat Lynne New Estates Edgemead Classic 10 km (where he beat Unathi Nteta by 10 seconds).

Grandmaster Nancy Will, who set a course record in the Simondium race, then followed that with a WP record of 43:26 in the Edgemead event.

In Port Elizabeth another grandmaster, Margie Saunders, ran an excellent 10 km (42:58 for fifth overall in the Bukani Print Malabar race) as final tune-up for this Saturday's Port Elizabeth City Marathon.

DRR has received reports that "chaotic" organisation at the Orchard Half Marathon in Pniel (results in last week's issue) caused many runners to run short, and the times in this race will therefore be disregarded for statistical purposes. Also, the eighth runner shown in the female list is a male.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Albertyn Half Marathon & 10 km, Albertyn
- * Bukani Print Malabar 10 km, Port Elizabeth
- * Muller Potgieter Half Marathon & 10 km, Pretoria
- * Lynne New Estate Edgemead Classic 10 km, Edgemead
- * Sani Stagger Marathon & Half Marathon, Sani Pass
- * Sanlam Niel Joubert Plaaswedloop, Simondium

International highlights:

- * Firenze Marathon, Florence, ITA
 - * Marathon de La Rochelle, La Rochelle, FRA
 - * Manchester Road Race, Manchester, USA
 - * XC: Cross International de la Constitución, Alcobendas, ESP; Canadian Cross-country Championships, Vancouver, CAN
 - * Track: Hachioji Long Distance Meet, Hachioji, Tokyo, JPN
-

CORRECTIONS & ADDITIONS

The results of the IAU World 100 km Championships in Doha were included last week. Here are the splits for the top three men and women (each lap, except the first and last, was

5 km). Jonas Buud has now placed second four times – previously in 2009, 2010 and 2012. Thirteen men dipped under 7 hours – the most ever at a World Championships. A total of 38 countries entered, also the most ever. Thanks to James Evans for these splits.

MEN

1. Max KING, USA, **6:27:43**: 00:02, 19:01, 19:21, 19:21, 19:23, 19:28, 19:11, 19:15, 19:10, 19:23, 18:55, 19:07, 18:54, 18:48, 19:05, 19:15, 19:43, 19:26, 21:02, 20:34, 19:31.
2. Jonas BUUD, SWE, **6:32:04**: 00:01, 19:01, 19:22, 19:21, 19:23, 19:27, 19:13, 19:15, 19:10, 19:22, 19:17, 19:56, 19:54, 19:38, 19:39, 19:44, 19:41, 19:46, 19:57, 20:26, 20:44.
3. Jose Antonio REQUEJO, ESP, **6:37:01**: 00:02, 19:22, 19:40, 19:22, 18:38, 19:27, 19:06, 19:19, 19:11, 19:23, 19:13, 19:15, 20:14, 20:48, 21:17, 21:59, 20:59, 20:15, 19:50, 20:04, 19:48.

WOMEN

1. Ellie GREENWOOD, GBR, **7:30:48**: 00:05, 21:56, 22:30, 22:29, 22:14, 22:02, 22:05, 22:38, 22:36, 23:07, 22:17, 22:38, 23:09, 22:41, 22:54, 22:49, 22:38, 22:45, 22:56, 22:52, 21:42.
2. Chiyuki MOCHIZUKI, JPN, **7:38:23**: 00:03, 22:12, 22:32, 22:34, 22:18, 22:45, 22:03, 22:30, 22:36, 22:43, 22:48, 22:55, 22:37, 22:54, 23:13, 23:37, 24:08, 23:10, 23:30, 23:32, 23:51.
3. Joasia ZAKRZEWSKI, GBR, **7:42:02**: 00:08, 22:33, 22:36, 22:38, 22:29, 22:23, 22:14, 22:33, 22:29, 22:26, 22:35, 23:02, 23:11, 23:34, 23:31, 23:55, 23:58, 24:31, 24:43, 24:06, 22:42.

ROAD RUNNING

Alborton Half Marathon & 10 km

Alborton, 30 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 560; 10 km – 510.)

Half marathon

MEN

1 Retsepile Khotle (SCAW) 68:53; 2 Sipho Ncube (ZIM/Maxed Elite) 73:14 (1st vet); 3 Danise Moyo (Maxed Elite) 74:06.

Veterans: 1 Sipho Ncube (ZIM/Maxed Elite) 73:14; 2 Elias Mabane (Nedbank) 77:31; 3 Ismail Ayob (BCC) 95:54. **Masters:** 1 Hadley McCormick (Randburg) 89:02; 2 Bradley Oakley-Brown (Fit 2000) 93:16. **G'masters:** 1 Michael Baker (Jeppe) 1:45:37. **Juniors:** 1 James Majenge (Marais Viljoen H/S) 77:34.

WOMEN

1 Franci Myburgh (Nedbank) 1:42:01; 2 Maria Markides (Jeppe) 1:45:09; 3 Karli van Wyk (Nedbank) 1:45:47.

Veterans: 1 Alik Hesterman (Randburg) 1:59:48; 2 Adele Hechter (Boksburg) 2:00:43; 3 Renee Nell (New Balance) 2:17:15. **Masters:** 1 Pam Dirksen (Discovery) 1:55:31; 2 Debbie Pelar (Temp) 2:05:29. **G'masters:** 1 Bella Carmichael (RRW) 2:10:00.

10 km**MEN**

1 Clinton Swanepoel (UJ) 31:05; 2 Thabo Motaung (SCAW) 31:30; 3 Sam Bolo (BCC) 32:20.

Veterans: 1 Reginald Ngobese (GS) 33:26; 2 Jabulani Nkabinde (BCC) 33:42. **Masters:** 1 Tony Silva (BCC) 36:14; 2 Ephraim Yende (Bidvest) 39:19. **G'masters:** 1 John MacDonald (age 80) (RAC) 52:23. **Juniors:** 1 Dylan v.d. Merwe (Marias Viljoen H/S) 33:04.

WOMEN

1 Michelle Strydom (UJ) 38:08; 2 Praxedis Dim (Nedbank) 40:14; 3 Rachel Leistra (FFA) 41:10.

Veterans: 1 Thuli Mabata (Kathlehong) 42:41; 2 Assilina Nyathi (Post Office) 44:03.

Masters: 1 Frith v.d. Merwe (Benoni High) 46:20; 2 Patsy Parker (RAC) 63:25.

G'masters: 1 Jenny Robertshaw (Rockies) 56:41. **Juniors:** 1 Rachel Leistra (FFA) 41:10.

Bukani Print Malabar 10 km

Port Elizabeth, 29 November

(Finishers: 467 [down from 514 last year].)

Note: This race was previously known as the Alpha Pharm Klinikare 10 km. – Ed.

MEN

1	Zolani	Ngqaqa	Madibaz AC	25	30:20
2	Melikhaya	Frans	Nedbank RC EP	22	30:48
3	Mariano	Eesou	Madibaz AC	22	31:11
4	Mzwanele	Maphekula	Malabar AC	38	31:38
5	Zolani	Mabongo	Madibaz AC	28	31:39
6	Andre	Ketchem	X-Cel AC	31	31:53
7	Mzamo	Fokwana	Charlo AC	37	32:09
8	Melikhaya	Kepe	Nedbank RC EP	38	32:10
9	Aphlyn	Taai	Temp	32	32:13
10	Eric	Sigxashe	Motherwell AC	36	32:35
11	Bulelini	Niwa	PEAAC	29	32:52
12	Mila	Pasiya	Nedbank RC EP	35	33:03
13	Khayaletu	Makalima	Aspen Pharmacare	31	33:52
14	Terrance	Mjekula (1 st vet)	Charlo AC	42	33:53
15	Saziso	Pangindawo	Aspen Pharmacare	32	34:08
16	Duwayne	Lucas	Aspen Pharmacare	25	34:21
17	Simon	Ngcoko	Nedbank RC EP	44	34:45
18	Thobile	Xata	Bluewater Bay	40	34:52
19	Robert	Matthys	Maxed Elite EP	38	34:57
20	Absalom	Kemp (1 st mast)	Maxed Elite EP	50	35:06

40-44:

1	Terrance	Mjekula	Charlo AC	42	33:53
2	Simon	Ngcoko	Nedbank RC EP	44	34:45
3	Thobile	Xata	Bluewater Bay	40	34:52

45-49:

1	Paul	Wolff	Achilles AAA	46	35:44
2	Adrian	Clarke	Temp	49	39:15
3	Andre	Ownhouse	Gelvan AC	47	39:47

50-54:

1	Absalom	Kemp	Maxed Elite EP	50	35:06
2	Michael	Bekapi	Maxed Elite EP	53	37:26

3	Neil	De Meillon	Nedbank RC EP	51	39:57
55-59:					
1	Alan	Taylor	Achilles AAA	57	40:30
2	Disemba	Blou	Charlo AC	56	41:28
3	Charles	Baatjies	Gelvan AC	58	44:44
60-64:					
1	Sizinzo	Kama	Achilles AAA	63	41:25
2	Hannes	Els	Warriors AC	64	41:31
3	Bruce	McEwan	Achilles AAA	61	45:06
65-69:					
1	Graham	Channon	Achilles AAA	65	47:44
2	William	Vorster	PEAAC	68	50:09
3	Percy	Dalton	Achilles AAA	66	51:32
70-74:					
1	Brian	Smith	PEAAC	71	1:11:46
2	Robin	Clark	Achilles AAA	73	1:19:46
Juniors:					
1	Makhosi	Yanga	Temp	17	45:46
2	Jayde	Ross	Aspen Pharmacare	12	47:36
3	Hanno	Engelbrecht	Mansgenoeg AC	16	51:47
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	37:31
2	Babalwa	Ngcoko	Nedbank RC EP	27	39:17
3	Siphokazi	Nojoko	Motherwell AC	20	39:45
4	Asanda	Solani	Motherwell AC	31	41:31
5	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	42:58
6	Christine	Claasen (1 st mast)	Achilles AAA	50	43:17
7	Janette	Schierz-Crusius	Body Concept	54	44:15
8	Elmarie	Bezuidenhout	Charlo AC	32	44:57
9	Terray	Newcombe	Elite AC	23	45:00
10	Sime	Baynes	Elite AC	31	45:01
11	Janine	Gardiner	Charlo AC	33	45:04
12	Anche	Schubart	Achilles AAA	33	45:36
13	Nolikhanyo	Mdwayi	Transnet Eng EP	33	46:12
14	Treloar	Childs	Walmer AC	51	47:42
15	Robyn	Rose	Charlo AC	27	48:12
16	Sunelle	Horne (1 st vet)	Bluewater Bay	40	48:31
17	Tiani	Claassen	Despatch AC	24	48:38
18	Johannette	Oosthuizen	Body Concept	50	48:45
19	Tania	Jordaan	Charlo AC	38	49:46
20	Agnes	Van Iddekinge	Profiles AC	48	49:49
40-44:					
1	Sunelle	Horne	Bluewater Bay	40	48:31
2	Toegeda	Vyver	Nedbank RC EP	42	49:52
3	Sunet	Harris	St Albans CS EP	41	52:46
45-49:					
1	Agnes	Van Iddekinge	Profiles AC	48	49:49
2	Angie	Ford	Temp	45	51:54
3	Yolande	Knoetze	Elite AC	47	53:40
50-54:					
1	Christine	Claasen	Achilles AAA	50	43:17
2	Janette	Schierz-Crusius	Body Concept	54	44:15
3	Treloar	Childs	Walmer AC	51	47:42
55-59:					
1	Monica	Kemp	Warriors AC	59	56:58

2	Michelle	Lawson	Charlo AC	56	57:11
3	Liz	Austin	Achilles AAA	56	58:28
60-64:					
1	Margie	Saunders	Nedbank RC EP	61	42:58
2	Jos	Els	Warriors AC	62	58:14
3	Helene	Oppel	Crusaders AC	64	1:01:26
65-69:					
1	Liz	Grundlingh	Muirite Striders	67	55:46
2	Olive	Williams	Temp	65	1:06:41
3	Jeanette	Pienaar	PEAAC	66	1:06:56
70-74:					
1	Orgia	Nell	Muirite Striders	71	1:10:49
2	Isabella	Childs	Walmer AC	73	1:13:05
75-79:					
1	Dorothy	Hart	Charlo AC	76	1:19:02
Juniors:					
1	Megan	Wilson	Charlo AC	19	1:01:58
2	Kimberley	Wilson	Charlo AC	19	1:01:58
3	Erna	Wilkens	Temp	19	1:02:03

Muller Potgieter Half Marathon (46th) & 10 km

Pretoria, 29 November

(Distances: 21.1 km & 10 km; hilly loop courses. Finishers: half marathon – 404; 10 km – 715.)

Note: The longer race has changed back to a half marathon – the distance that was used from 1983 to 1998. It has been run over several distances since its inception, such as 23 km, 26 km and 25 km; from 1999 until last year it was 15 km. The times in both races are very slow – the athletes probably ran extra distance. – Ed.

Half marathon

MEN

1 Musa Sibiya (ACRW) 83:05; 2 James Mothwa (Temp) 83:39; 3 Heinrich Holtzhausen (Wingate) 90:45.

Veterans: 1 Alphas Maluleke (New Balance) 91:42. **Masters:** 1 Nuno Thomaz (New Balance) 1:40:11. **G'masters:** 1 Herman v.d. Merwe (Krugersdorp) 1:47:41.

G/g'masters: 1 Dok Mornet (UJ) 2:43:43.

WOMEN

1 Marcelle Coetzee (New Balance) 1:42:59; 2 Naidene Breytenbach (Irene) 1:44:36; 3 Megan Odendaal (Waterkloof HS) 1:49:55.

Veterans: 1 Blanche van Vuuren (Irene) 2:14:01. **Masters:** 1 Estelle Kroukamp (New Balance) 2:16:12. **G'masters:** 1 Amanda Economan (Wingate) 2:50:16.

10 km

MEN

1 Elias Mabane (Nedbank) 38:12 (1st vet); 2 Tomrin Vlok (Zwartkops HS) 38:26; 3 Tshepo Masigo (PMMC) 39:41.

Veterans: 1 Elias Mabane (Nedbank) 38:12. **Masters:** 1 James Sekhwela (Aurecon) 45:11. **G'masters:** 1 Jim Dodds (RAC) 54:48. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 58:32.

WOMEN

1 Jackie v.d. Waals (Temp) 44:27 (1st vet); 2 Heletje Botha (Eldoraigne HS) 48:22 (1st jun); 3 Ansie Breytenbach (Irene) 49:22 (1st mast).

Veterans: 1 Jackie v.d. Waals (Temp) 44:27. **Masters:** 1 Ansie Breytenbach (Irene) 49:22. **G'masters:** 1 Maz Moore (Kayalami) 66:38. **G/g'masters:** 1 Mavis Stadler (Agape) 71:50. **Juniors:** 1 Heletje Botha (Eldoraigne HS) 48:22.

Lynne New Estate Edgemead Classic 10 km (2nd)

Edgemead, 29 November

(Certified flat loop course. Weather: cool with slight wind in places. Finishers: 1098 [up from 781 last year].)

MEN

1. Sityhilo Diko (Ned) 30:48 (R350)
2. Unathi Nteta (AAC) 30:58 (R300)
3. Akhona Makila (VOB) 31:11 (R250)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 32:12 (R300); 2. Lawrence Chipangaan (Gallop) 32:59 (R250); Xolile Macanda (Gugs) 33:57 (R200). **Masters:** 1. Eric Coetzee (NBMC) 34:47 (R250); 2. Johnny Persents (WR) 35:51 (R200); 3. Monde Tutani (Gugs) 35:52 (R150). **G'masters:** 1. Awie Veldsman (Held) 39:17 (R200); 2. Muhammad Kriel (Ommie) 39:26 (R150); 3. Barry Bester (NBMC) 43:57 (R100). **G/g'masters:** 1. Peter Donald (WC) 48:51 (R200); 2. Joseph Matthews (MS) 49:15 (R150); 3. Yusuf Gamielien (Itheko) 56:12 (R100). **Juniors:** 1. Granwin Katzen (Itheko) 33:13 (R200); 2. Buhle Yokwana (VOB) n/t (R150); 3. Alessandro Carelse (Itheko) 35:39 (R100).

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 37:12
2. Leanda du Bruyn (CPUT) 37:44
3. Pamela Moyikwa (VOB) 38:36 (1st jun)

Veterans: 1. Obertina Kanyongo (ZIM/WC) 40:01; 2. Sheryl de Lange (NBMC) 42:39; 3. Ronel Steenkamp (Durb) 42:49. **Masters:** 1. Mariëtte Strauss (Tyger) 42:22; 2. Charmaine Cupido (Ned) 43:21; 3. Georgina Andreas (VOB) 45:24. **G'masters:** 1. Nancy Will (Pine) 43:26 (WP rec); 2. Helen du Plessis (Tyger) 49:24; 3. Rosalie Richfield (UCT) 63:37. **G/g'masters:** 1. Pixie Sparg (Celtic) 54:28; 2. Marlene James (Pine) 59:39; 3. Annatjie Berntzen (Tyger) 70:36. **Juniors:** 1. Pamela Moyikwa (VOB) 38:36; 2. Ashleigh Simonis (Carb) 39:17; 3. Busisiwe Gwala (VOB) 39:48.

Sani Stagger Marathon & Half Marathon

Sani Pass, 29 November

(Distances: 42.195 km [up and down pass] & 21.1 km [down pass]. Finishers: marathon – 283 [down from 298 last year]; half marathon – 231 [slightly down from 234 last year].)

Note: The first three women in the half marathon finished fourth, fifth and sixth overall. – Ed.

Marathon

MEN

- | | | | |
|----|-------------------|-------------|---------|
| 1. | Skhumbuzo Dlamini | Maxed Elite | 3:04:13 |
| 2. | Phillip Shezi | Nedbank AC | 3:04:57 |
| 3. | Luzuko Mdeliswa | Maxed Elite | 3:13:16 |
| 4. | Mpho Ndlovu | AAC | 3:22:10 |
| 5. | Siyvuya Thomas | AAC | 3:22:53 |

40-49:

1.	Sifiso Mthiyane	NRB Harr	3:49:21
2.	Sampi Morapedi	UNISA	3:56:22
3.	Fusi Nhlapo	Maxed Elite	3:58:51

50-59:

1.	Mfundiso Mvungase	SCS	4:25:37
2.	Bheki Morapedi	Nedbank AC	4:42:58
3.	Jan van Vreden	AMC	4:48:27

60-69:

1.	Anthony Gill	Klerksdorp	5:51:18
2.	Bill Hogg	Harq Harr	5:53:33
3.	Joggie v Staden	Klerksdorp	5:53:51

70+:

1.	Barry Varty	YWPAC	6:37:09
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WOMEN

1.	Danka Erasmus	Love Run	4:21:50
2.	Mtombizethu Mnyandu	NRB Harr	4:37:04
3.	Claudine du Plessis	Discovery	4:39:26
4.	Yolanda Visser	Ind	4:40:28
5.	Jana Niehaus	Riverside Harr	4:50:32

40-49:

1.	Lesley Meyer	Chiltern	5:07:22
2.	Tomoko Ueta	MCRR	5:10:32
3.	Florence Molawa	Arc Mittal	5:23:03

50-59:

1.	Rita van Wyk	Boksburg AC	4:50:36
2.	Jannine Goes	DCS	5:27:37
3.	Heloise Uys	Gonubie Harr	5:34:03

Half marathon**MEN**

1.	Thulani Shoyisa	NRB Harr	1:26:27
2.	Jeffrey Sosibo	Sani AC	1:32:25
3.	Cameron Grant	Arc Mittal	1:33:29

40-49:

1.	Grant Gordan	Ind	1:53:23
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50-59:

1.	Mike Sutton	YWPAC	1:49:33
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60+:

1.	Greg Szymanski	Coll Harr	2:08:57
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WOMEN

1.	Karen Sobrino	Toti AC	1:36:28
2.	Avril Halstead	Born 2 Run	1:43:03
3.	Maegan von Finckenstein	Stella AC	1:44:32

40-49:

1.	Karen Sobrino	Toti AC	1:36:28
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50-59:

1.	Michelle Cofkey	Get Fit AC	2:00:45
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60+:

1.	Jullyette Lewis	HV	2:24:53
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Sanlam Niel Joubert Plaaswedloop (19th)

Simondium, 26 November

(Distance: 13 km; loop course on gravel farm roads, very hilly. Weather: overcast, cool. Finishers: 944 [down from 975 last year].)

MEN

1. Sityhilo Diko (Ned) 40:35 (R500)
2. Danzil Paulse (East) 40:39 (R300)
3. Gershwin Jacobs (Ned) 41:09 (R200)

(Prize money in all age categories except juniors was the same: R200, R150, R100.)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 43:44; 2. Lawrence Chipangaan (Gallop) 44:24; 3. Xolile Macanda (Gugs) 47:54. **Masters:** 1. Johnny Persents (WR) 49:51; 2. Robert Arnold (Top) 54:44; 3. Les Oliphant (Gugs) 54:44 [correct]. **G'masters:** 1. Theo Swanepoel (Kempton) 57:52; 2. Albert Williams (Top) 60:42; 3. Albert Mahlahla (Held) 62:25. **Juniors:** 1. Samuel van der Merwe (Bell) 44:32 (R150); 2. Jason Koopman (Ind) 46:10 (R100); 3. Saiso Settalo (East) 46:55 (R75).

WOMEN (Same prize money as men)

1. Liandi van der Westhuizen (Ind) 54:23
2. Ursula Turck (Strand) 55:26 (1st vet)
3. Suzette McIvor (Ned) 55:34

Veterans: 1. Ursula Turck (Strand) 55:26; 2. Suzette McIvor (Ned) 55:34; 3. Anika Slabbert (Stell) 64:21. **Masters:** 1. Cheryl Rudolph (East) 64:24; Anne Pool (Strand) 67:05; 3. Joanne Els (Well) 71:02. **G'masters:** 1. Nancy Will (Pine) 62:07 CR; 2. Helen du Plessis (Tyger) 71:51; 3. Louisa van der Westhuizen (Stell) 74:37. **Juniors:** 1. Razaan Kamaldien (ARD) 73:22.

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**Firenze Marathon** (31st)

Florence, ITA, 30 November

(Distance: 42.195 km, with 41 m elevation loss [almost all of that in the first 2 km] and negligible start/finish separation [just barely record standard])

MEN (gun times)

- | | |
|---------------------------|------------|
| 1. Asbel Kipsang, KEN | 2:09:55 DB |
| 2. Levy Matebo, KEN | 2:10:20 |
| 3. William Kibor, KEN | 2:15:20 |
| 4. Iaalami Cherkaoui, MAR | 2:15:40 |
| 5. Emmanuel Sikuku, KEN | 2:16:19 |

WOMEN (gun times) -

- | | |
|----------------------------|---------|
| 1. Bizuayehe Ehite, ETH | 2:31:28 |
| 2. Grace Momanyi, KEN | 2:35:04 |
| 3. Lucy Wambui Murigi, KEN | 2:40:02 |

Marathon de La Rochelle (24th)

La Rochelle, FRA, 30 November

(Distance: 42.195 km; loop course with negligible start/finish separation)

MEN

1. Afewerk Mesfin, ETH 2:12:15
[1:04:51 / 1:07:24]
2. John Komen, KEN 2:14:27
3. Daniel Kipchirchir Komen, KEN 2:14:50
4. Robert Langat, KEN 2:15:31
5. Oleg Grigoriev, RUS 2:17:38

WOMEN (gun times)

1. Peninah Arusei, KEN 2:33:09
[1:15:07 / 1:18:02]
2. Fasika Metaferya, ETH 2:39:30
3. Vita Poteryuk, UKR 2:39:32

Manchester Road Race (77th)

Manchester, USA, 27 November

(Distance: 4.748 miles; loop course with significant hills)

MEN (extended gun times)

1. Ben True, 28, West Lebanon, NH 21:34.0 \$4000
 2. Sam Chelanga, 29, Hanover, NH (KEN) 21:37.4 3000 + 1000^
 3. Andrew Colley, 23, Blowing Rock, NC 21:42.8 2500
 4. Donn Cabral, 24, Glastonbury, CT 21:49.5 2000
 5. Reed Conor, 24, Madison, WI 21:51.5 1500
- Also: Amby Burfoot, 68, Mystic, CT 37:46 (52nd consecutive finish here)

^) Won "King of the Hill" prime for leading at the top of Highland Street Hill at 2.2 miles

WOMEN (extended gun times)

1. Diane Nukuri, 29, Flagstaff, AZ (BDI) 24:37.3 \$4000
2. Lauren Penney, 24, Somerset, NJ 24:43.2 3000
3. Nicole Schappert, 28, Englewood, NJ 24:45.1 2500
4. Alice Kamunya, 23, Kingston, NY 24:47.7 2000
5. Marielle Hall, 22, Mount Laurel, NJ 24:48.9 1500
- ... 13. Jen Rhines, 40, Boston, MA 25:46.2 200

CROSS-COUNTRY

Cross International de la Constitución (33rd)

Alcobendas, ESP, 30 November

SR. MEN (10 km)

1. TIMOTHY TOROITICH, UGA, 1990 28:36
2. EMMANUEL BETT, KEN, 1990 29:00
3. JAPHET KORIR, KEN, 1990 29:01
4. ANTONIO ABADIA, C. SIMPLY SCORPIO 71, 1990 29:08
5. ROBERTO ALAIZ VILLACORTA, NIKE RUNNING, 1990 29:16



Diane Nukuri wins the Manchester Road Race. [Jane Monti/Race Results Weekly]

SR. WOMEN (5900 m)

- | | |
|---|-------|
| 1. DORIS CHANGEIYWO, KEN, 1990 | 26:49 |
| 2. TRIHAS GEBRE, CA SANTUTXU, 1990 | 27:09 |
| 3. CARLA SALOME ROCHA, POR, 1990 | 27:30 |
| 4. DIANA MARTIN GIMENEZ, VALENCIA TERRA I MAR, 1981 | 27:59 |
| 5. LIDIA RODRIGUEZ, CA SANTUTXU, 1986 | 28:05 |

Canadian Cross-country Championships

Vancouver, CAN, 29 November

SR. MEN (10 km):

- | | |
|--|-------|
| 1. Chris Winter, SPEED RIVER TRACK & FIELD | 32:17 |
| 2. Kelly Wiebe, POINT GREY TRACK & FIELD | 32:21 |
| 3. Matt Johnson, U OF R COUGARS | 32:33 |

SR. WOMEN (8 km):

- | | |
|---|-------|
| 1. Rachel Hannah, UNIVERSITY OF TORONTO T.C | 28:50 |
| 2. Rachel Cliff, VANCOUVER THUNDERBIRDS | 29:08 |
| 3. Natasha Wodak, PRAIRIE INN HARRIERS RACING | 29:17 |

JR. MEN (8 km):

- | | |
|---|-------|
| 1. Justyn Knight, UNIVERSITY OF TORONTO T.C | 26:25 |
| 2. Ben Preisner, SPEED RIVER TRACK & FIELD | 26:31 |
| 3. Rory Linkletter, UNATTACHED ALBERTA | 26:42 |

JR. WOMEN (6 km):

- | | |
|--|-------|
| 1. Hannah Woodhouse, MEAFORD COYOTES TRACK CLUB | 22:22 |
| 2. Jennie Baragar-Petrash, WINNIPEG OPTIMIST ATH | 22:43 |
| 3. Mirelle Martens, WOLVES ATHLETICS CLUB | 22:48 |

TRACK**Hachioji Long Distance Meet**

Hachioji, Tokyo, JPN, 29 November

Note: There were seven races in the 10000 m at this amazing meeting; apart from those shown here, no fewer than 43 athletes dipped under 29 minutes! – Ed.

MEN

10000:

Heat 1:

1. Million Zewdie (ETH), 27:36.35
2. Bernard Kimani (KEN), 27:36.60
3. Kassa Mekashaw (ETH), 27:38.93
4. Tetsuya Yoroizaka, 27:38.99 PB
5. James Mwangi (KEN), 27:40.95
6. Paul Kuira (KEN), 27:48.08
7. Patrick Muendo Muwaka (KEN), 27:53.03
8. Shinobu Kubota, 27:54.25
9. Edward Waweru (KEN), 27:55.27
10. Keita Shitara, 27:56.60
11. Yuta Shitara, 27:58.91

WOMEN

5000:

Heat 2:

1. Sally Chepyego (KEN), 15:08.31
2. Sakiho Tsutsui, 15:48.35
3. Misaki Kato, 15:48.85
4. Shiho Takechi, 15:49.10
5. Sayaka Kurogi, 15:50.03

NEWS

The following news articles appeared in *Athletics International*, edited by Peter Matthews and Mel Watman.

LAVILLENIE AND ADAMS ARE IAAF ATHLETES OF THE YEAR

After his near perfect year in 2014 Renaud Lavillenie won the IAAF World Trophy as Male Athlete of the Year. He received his award at the IAAF Gala at the Chapiteau de Fontvieille in Monaco, as did Valerie Adams, who was the Female Athlete of the Year. She was perhaps not such an obvious choice, as there were several other good candidates, as ironically she was a little below her best during the year due to a series of injuries. However, she remained unbeaten and has compiled a terrific record over the past decade, never ranking worse than second in any year (and those to the discredited Nadezhda Ostapchuk in 2005 and 2010).

Lavillenie produced what was surely the performance of the year as he took Sergey Bubka's absolute world pole vault record with his 6.16 in Donetsk indoors in February. He had 6 wins in 6 indoor events and 15 in 16 outdoors in 2014, the one loss being his no-height in Stockholm. He too had to battle back from the injury he sustained in attempting to go even higher in Donetsk, and though his outdoor best was 5.92, well behind his indoor form, he was clearly the world number one, as he has been each year from 2010.

Other awards at the IAAF Gala:

Distinguished Career: Virgilijus Alekna LTU

Rising Star: Wilhem Belocian FRA and Morgan Lake GBR

Coaching Achievement: Tom Tellez USA

Women in Athletics: Evie Garrett Dennis USA

World Journalist: Marc Ventouillac FRA

Masters' Male Athlete: Guido Müller GER

Masters' Female Athlete: Lavinia Petrie AUS

IAAF HALL OF FAME INDUCTEES

Twelve more athletes were inducted into the IAAF Hall of Fame during the World Athletics Gala. They are:

Valeriy Brumel (died in 2003 aged 60), 1964 Olympic HJ champion and world record.

Glenn Davis (d. 2009 aged 74), 1956 and 1960 Olympic 400 m hurdles champion and world records at 440 y, 200 m hurdles, 400 m hurdles and 440 y hurdles.

Heike Drechsler (49), 1983 and 1993 World and 1992 and 2000 Olympic LJ champion and world records at LJ & 200 m.

Hicham El Guerrouj (40), 2004 Olympic 1500 m and 5000 m champion, four times World 1500 m champion 1997-2003 and current world records at 1500 m, mile and 2000 m.

Marita Koch (57) 1980 Olympic 400 m champion, 1983 World 200 m champion and world records at 200 m and (current) 400 m.

Robert Korzeniowski (46), Olympic 50 km walk champion 1996, 2000 and 2004, Olympic 20 km champion 2000, World 50 km champion 1997, 2001 and 2003 and world 50 km record.

Janis Lusis (75), 1968 Olympic JT champion and world record.

Bob Mathias (d. 2006 aged 75), 1948 and 1952 Olympic decathlon champion and world record.

Wilma Rudolph (d. 1994 aged 54), 1960 Olympic 100 m and 200 m champion and world records at 100 m and 200 m.

Shirley Strickland de la Hunty (d. 2004 aged 78), 1952 and 1956 Olympic 80 m hurdles champion and world records at 100 m and 80 m hurdles.

Lasse Viren (65) 1972 and 1976 Olympic 5000 m and 10000 m champion and world records at 2 miles, 5000 m and 10000 m.

Cornelius Warmerdam (d. 2001 aged 86), World PV record holder for 17 years. No Olympic opportunities due to war.

They join Iolanda Balas, Abebe Bikila, Fanny Blankers-Koen, Sergey Bubka, Seb Coe, Betty Cuthbert, Adhemar da Silva, 'Babe' Didriksen, Harrison Dillard, Vladimir Golubnichiy, Marjorie Jackson, Michael Johnson, Jackie Joyner-Kersey, Alberto Juantorena, Kip Keino, Hannes Kolehmainen, Stefka Kostadinova, Carl Lewis, Natalya Lisovskaya, Svetlana Masterkova, Noureddine Morceli, Ed Moses, Paavo Nurmi, Dan O'Brien, Parry O'Brien, Al Oerter, Jesse Owens, Marie-José Pérec, Viktor Saneyev, Yuriy Sedykh, Peter Snell, Irena Szewinska, Daley Thompson, Wang Junxia, Grete Waitz and Emil Zátopek.

For the first 24 inductees in 2012 there was a set of strict minimum criteria of at least two Olympic or World titles plus at least one world record. These criteria were altered for 2013 and beyond to allow athletes whose achievements had an "extraordinary impact on our sport" to be considered as well. All members must have been retired from the sport for a minimum of ten years.

DOHA TO HOST 2019 WORLD CHAMPIONSHIPS

Doha (Qatar) has been selected to host the 2019 IAAF World Championships. The voting was as follows: First round: Doha 12, Eugene 9, Barcelona 6 (Barcelona eliminated). Second round: Doha 15, Eugene 12. "I am sure that in Doha we will have a wonderful edition of the World Championships," commented IAAF President Lamine Diack, who also offered his thanks to the defeated candidates. "There were the best presentations we have ever had."

The 2015 edition will be hosted by Beijing (22-30 August), followed in 2017 by London (5-13 August). The Doha meeting will run from 28 September to 6 October when temperatures are likely to be around 34-35 °C in the mornings and around 30 °C in the evenings.

FURTHER IAAF NEWS

The entry standards for the IAAF World Championships in Beijing have been officially published. As previously announced, the entry and participation principles have been thoroughly reviewed by the IAAF and the new qualification system has been introduced. The key element of the new system is that the IAAF shall establish the ideal number of athletes (and relay teams) to start in each event of the Championships and shall ensure that such ideal numbers are met through a qualification system which, essentially, combines entry standards (only one standard) and invitations based on rankings. As in the past, there are still some special qualification opportunities and it will still be possible for member federations without any qualified athletes to be represented with one unqualified athlete (subject to certain conditions).

Complete details are on the IAAF website at:
<http://www.iaaf.org/news/iaaf-news/world-championships-qualification-system-2015>

The IAAF Council has approved the staging of various finals (13 in all, five road events and eight in the stadium) during the morning sessions at the Rio 2016 Olympic Games. IAAF Competitions Director Paul Hardy explained, "Staging finals in the morning was done at the request of the Rio LOC and the Olympic Broadcasting Service, supported by the

International Olympic Committee. Having finals in the morning will also ensure that we receive maximum visibility for athletics at the Olympics across all time zones.”

Marathon star Rita Jeptoo remains provisionally suspended by Athletics Kenya while investigations into her doping positive for EPO continue. She has requested the B sample be tested and at a hearing in Nairobi on 4 November she provided a written explanation for the adverse analytical finding. Her estranged husband, Noah Busienei, has told Agence France-Presse that he believes she began using EPO in September 2011.

STATS TIME

This week we include a list of the top ten SA men in the 15 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.

2014 15 KM: TOP 10 MEN

44:29	Lusapho April	1	Port Elizabeth	01 Mar
44:38	Gladwin Sibabalwe Mzazi	1	Pretoria	16 Aug
44:41	Kgosi Samuel Tsosane	2	Pretoria	16 Aug
44:54	Desmond Mokgobu	3	Pretoria	16 Aug
45:25	Lucky Modike Mohale	4	Pretoria	16 Aug
45:34	Lesiba Precious Mashele	5	Pretoria	16 Aug
45:57	Sibusiso Madikizela	1	Ravensmead	26 Apr
45:59	Unathi Nteta	1	Constantia	08 Mar
46:19	Siyabonga Makhaluza	3	Constantia	08 Mar
46:29	Zolani Ngqqa	2	Port Elizabeth	01 Mar

THIS MONTH IN HISTORY

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

27 years ago: 9 December 1987

Bennie Greyling often had to play second fiddle to South Africa’s premier middle distance runner of the eighties, Johan Fourie, a man who ran no fewer than 53 dream miles. But on this day in Durban Greyling, who earlier in the year could finish only tenth at the SA Championships (won by Fourie), became South Africa’s third fastest miler with one of the quickest times ever by a South African in December when he set a personal best of 3:54.59 to beat a top-class field. Greyling won by the unusually large margin of almost three seconds ahead of Deon Brummer (3:57.38), with Monde Tutani (3:59.1) third. The only time faster than Greyling’s for the year was Fourie’s SA record 3:50.82 – a mark that would stand for 27 years, until May this year. Greyling is still sixth on the all-time list.

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.

MENOpen

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 22 Mar
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset 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
	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	
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	
	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	67:28	Thabang Mosiako	Pretoria	15 Nov
	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		
<u>Masters (50+)</u>				
10 km	40:17	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	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				
<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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