

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

Margie Saunders and December marathons make a good fit. Repeating her performance of last year, the Nedbank grandmaster set another SA record in Saturday's 32nd Aspen Port Elizabeth City Marathon to finish third overall behind the outstanding 2:44:57 – a huge PB – by winner Caroline Wostmann, also a Nedbank club member (making Wostmann the sixth fastest South African for 2014). Saunders ran 3:15:48 to break her record set in the 2013 race by 44 seconds in somewhat windy conditions. It was her fourth SA record of the year and a remarkable performance, especially considering that the two runners ahead of her (Liza-Marie Bright was second) are both at least 29 years her junior and she beat the first master, who is eleven years younger, by almost five minutes, and the first veteran, who is 21 years younger, by more than 17 minutes.

Two list leaders – 67:23 by veteran Johannes Kekana and a very quick 65:36 by junior Thabang Mosiako – were achieved in the Eastern Limb Mines Half Marathon in Burgersfort, but it should be borne in mind that there are serious concerns about the length of this course, although the Race Time Bias calculation indicates that it is (just barely) within the acceptable limit for a short course (see note with results below).

Fortunately there can be no doubt about the weekend's other list leader, 52:34 by master Eric Coetzee, on the certified Race against Crime Beachcomber course in Strandfontein, near Cape Town.

Gladwin Mzazi failed to impress in the Fukuoka Marathon, his second attempt at the distance (not the first, as some newspaper reports wanted us to believe), and finished 22nd in a slow 2:17:43, albeit a PB. Maybe he should not have run the Gauteng Marathon in September.

René Kalmer was fourth in the Cochin International Half Marathon in India in 1:14:54, the tenth fastest time by a South African this year.

Congratulations to top SA ultrarunner and DRR subscriber Julianie Basson, who turns 40 today. Basson finished tenth in the last three Comrades races (and may yet end up ninth when this year's results are finalised after the Martinique Potgieter case is resolved). Basson was the fourth South African in the 2014 Comrades and won the Wally Hayward Marathon this year. One can certainly expect some excellent tussles in veteran marathon and ultramarathon competitions next year!

LAST ISSUE FOR 2014

This is the last issue of *Distance Running Results* for 2014, the fourteenth year of its existence. I would like to thank all the dedicated contributors for their assistance in sending results and other information during the year and answering my queries; this newsletter would not have existed without your help.

I wish all contributors and readers compliments of the season and a wonderful, healthy and happy 2015. The next issue of DRR will be sent out on 5 January (but contributors should please continue sending results for the rest of this year).

- Renewal notices will be sent out shortly to subscribers. If you do want to continue receiving DRR in 2015, please make payment before 5 January.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * BMG Stainbank Cup 15 km, Durban
- * Cape Town International Airport 10 km Challenge, Cape Town
- * Aspen Port Elizabeth City Marathon & 10 km, Port Elizabeth
- * Eastern Limb Mines Half Marathon & 10 km, Burgersfort
- * Race against Crime Beachcomber 15 km, Strandfontein
- * Velskoen 32 km & Klein Vellie 10 km, Mossel Bay
- * Metropolitan 10 km, Bellville
- * Track: Friday Night Lights Series Meeting, Port Elizabeth

International highlights:

- * Fukuoka International Open Marathon Championships, Fukuoka, JPN
 - * Kosa 10 Miles, Kosa, JPN
 - * California International Marathon, Folsom Dam to Sacramento, USA
 - * Pfixx Solar Montferland Run, 's-Heerenberg, NED
 - * Cochin Int'l Half Marathon, Kochi, IND
 - * Course de l'Escalade, Genève, SUI
 - * XC: Cross Internacional de la Constitución, Aranda de Duero (Burgos), ESP; Foot Locker West Regional Cross-country Championships, Walnut, USA
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ROAD RUNNING**BMG Stainbank Cup 15 km (41st)**

Durban, 7 December

(Loop course. Finishers: 1045 [up from 833 last year].)

Note: Correspondent Alen Hattingh reports that this was the 20th year of sponsorship by the Bearing Man Group (BMG). – Ed.

MEN

1.	Samuel Katuu	KEN/Phumanathi AC	48:44 (R500)
2.	Amos Dutch	Phathane AC	49:00 (R300)
3.	Sithembele Fanekho	Boxer AC	50:21 (R200)
4.	Sipho Mbanjwa	Phantane AC	50:25 (R150)
5.	Perfect Dlamini	Phuma KZN	52:26 (R100)

40-49:

1.	Shingie Badza	ZIM/Maxed Elite	55:51 (R200)
2.	Grant Cummings	West AC	56:43 (R150)
3.	Thembinkosi Gumede	Boxer AC	57:46 (R100)

50-59:

1.	Mandla Dlamuka	Boxer AC	62:06 (R200)
2.	Sipho Mbokazi	Toyota AC	64:49 (R100)
3.	Willie Majombozi	Boxer AC	65:13 (R75)

60-69:

1.	Bongani Ndlovu	Zabalaza AC	74:37 (R200)
2.	Tony Page	PDAC	75:50 (R100)

70+:

1.	Arthur Zimmerman	Stella AC	86:36 (R100)
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Juniors:

1.	Sphumandla Khoza	Phoenix AC	54:38 (R150)
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WOMEN (Same prize money as men)

1.	Danielle Adlam	Nedbank AC	63:58
2.	Cary-Ann Smith	Nedbank AC	64:28
3.	Teneal Featherby	PDAC	66:36
4.	Sonja Boyd	Coll Harr	67:33
5.	Nonsikhelelo Mbambo	Natal Carb	68:23

40-49:

1.	Karen Sobrino	Toti AC	69:36
2.	Janene Carey	Boxer AC	70:31
3.	Lise Muchna	PDAC	73:09

50-59:

1.	Janine Engels	West AC	75:04
2.	Debby de Koning	Escom AC	78:25
3.	Erica MacDonald	HV	86:13

60-69:

1.	Pat Fisher	Stella AC	87:14
2.	Pam Rasmussen	QBH	92:08

70+:

1.	Gill Tregenna	West AC	94:59
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Cape Town International Airport 10 km Challenge (1st)

Cape Town, 7 December

(Certified flat course, out and back with a loop at far end. Weather: Warm, slight breeze. Finishers: 502.)

Note: This was the sixth race in a row (and second on two consecutive days) for grandmasters Nancy Will and Helen du Plessis since 22 November, i.e. six races in 16 days – or a race every 2.7 days. Ursula Frans and Charmanine Cupido also ran twice in two days (see results of the Race against Crime Beachcomber 15 km below), while Cupido has run five races in the same time period of 16 days. Pixie Sparg has run three races in the same period. – Ed.

MEN

1. Unathi Nteta (AAC) 31:07 (R1000)
2. Mthandazo Qhina (Ned) 31:09 (R800)
3. Peter Tsawayo (ZIM/Gugs) 31:11 (R600)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 32:31 (R500); 2. Lawrence Chipangaan (Gallop) 33:16 (R350); 3. Xolile Macanda (Gugs) 33:34 (R250). **Masters:** 1. Monde Tutani (Gugs) 37:17 (R200); 2. Tobias Philander (Itheko) 37:33 (R150); 3. Peter Wrench (Tyger) 41:26 (R100). **G'masters:** 1. Albert Williams (Top) 44:53 (R200); 2. Paul San Giorgio (VOB) 47:59 (R150); 3. Jacques Oosthuizen (Brack) 51:35 (R100). **G/g'masters:** 1. Ray Shooter (Edge) 53:00 (R200); 2. Peter Chubb (VOB) 58:19 (R150); 3. Boet van Zyl (SH)

59:28 (R100). **Juniors:** 1. Granwin Katzen (Itheke) 33:42 (R500); 2. Vuyolwethu Pita (Gugs) 35:07 (R350); 3. Denzil Byman (Itheke) 36:51 (R250).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (NBMC) 36:51
2. Busisiwe Gwala (VOB) 38:45 (1st jun)
3. Fortunate Chidzivo (ZIM/Itheke) 39:30

Veterans: 1. Sheryl de Lange (NBMC) 42:25; 2. Ursula Frans (NBMC) 42:40; 3. Tanya Kapp (NBMC) 47:22. **Masters:** 1. Mariëtte Strauss (Tyger) 42:53; 2. Charmaine Cupido (Ned) 43:42; 3. Paola Vignani (Ned Bol) 44:55. **G'masters:** 1. Nancy Will (Pine) 47:48; 2. Helen du Plessis (Tyger) 50:48; 3. Lyn Wood (Edge) 58:19. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:30; 2. Marlene James (Pine) 60:22. **Juniors:** 1. Busisiwe Gwala (VOB) 38:45; 2. Ashleigh Simonis (Carb) 40:25; 3. Nomaxesibe Ngcantsi (VOB) 45:18.

Aspen Port Elizabeth City Marathon (32nd) & 10 km

Port Elizabeth, 6 December

(Distances: 42.195 km & 10 km. Marathon – loop course with out-and-back section at beginning and end; 10 km – loop course. Finishers: marathon – 591 [up from 512 last year]; 10 km – 330 [up from 304].)

Marathon

MEN

1	Melikhaya	Kepe	Nedbank RC EP	38	2:33:46
2	Zolile	Mhlahlo	Achilles AAA	39	2:36:29
3	Terrance	Mjekula (1 st vet)	Charlo AC	42	2:38:16
4	Mzamo	Fokwana	Charlo AC	37	2:42:24
5	Sipho	November	Graaff-Reinet RC	33	2:42:55
6	Thobile	Xata	Bluewater Bay	40	2:44:32
7	Jade	Muller	Temp	28	2:44:50
8	Xolile	Mashicila	Overtakers SC	38	2:49:39
9	Luyanda	Matiwana	Motherwell AC	36	2:50:00
10	Francois	De Villiers	Temp	38	2:51:27
11	Leon	Baker	Midrand AC	43	2:52:13
12	Marius	Stander	Achilles AAA	46	2:53:04
13	Welcome	Loliwe (1 st mast)	Nedbank RC EP	50	2:54:00
14	Malibongwe	Mbelu	Run For Life EP	42	2:54:36
15	Kobus	Joubert	Kouga Multi SC	39	2:56:13
16	Martin	Von Allemann	Temp	34	2:56:37
17	Daryl	North	Achilles AAA	37	2:57:01
18	Jan	Fick	Graaff-Reinet RC	49	2:57:10
19	Warren	Dickson	Achilles AAA	42	2:57:49
20	Michael	Bester	Achilles AAA	27	2:58:04

40-44:

1	Terrance	Mjekula	Charlo AC	42	2:38:16
2	Thobile	Xata	Bluewater Bay	40	2:44:32
3	Leon	Baker	Midrand AC	43	2:52:13

45-49:

1	Marius	Stander	Achilles AAA	46	2:53:04
2	Jan	Fick	Graaff-Reinet RC	49	2:57:10
3	Graham	Terblanche	Madibaz AC	49	3:12:01

50-54:

1	Welcome	Loliwe	Nedbank RC EP	50	2:54:00
2	Darrell	Wicht	Warriors AC	51	3:09:20
3	Nelson	Vlabbok	Charlo AC	50	3:15:18

55-59:

1	Disemba	Blou	Charlo AC	56	3:14:43
2	Alan	Taylor	Achilles AAA	57	3:15:49
3	Mkhululi	Kala	Temp	56	3:39:13

60-64:

1	Arthur	Valasis	Hamlett Online	63	3:37:49
2	Jerrit	Rudman	Kouga Multi SC	60	3:43:07
3	Richard	Foss	Albany RR	60	3:51:49

65-69:

1	Manie	Steenkamp	Nedbank RC SWD	65	3:41:22
2	Thomas	Groener	PEAAC	67	4:31:50
3	Singa	Ngqwala	All Stars AC	65	4:36:24

70-74:

1	Kobus	Gerber	PEAAC	70	4:16:06
2	Godfrey	Kariem	Gelvan AC	74	4:54:04

WOMEN

1	Caroline	Wostmann	Nedbank RC CGA	31	2:44:57 PB
2	Liza-Marie	Kingston	Temp	32	3:04:39
3	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	3:15:48
4	Christine	Claasen (1 st mast)	Achilles AAA	50	3:20:12
5	Priscilla	Dyantyi (1 st vet)	Nedbank RC EP	40	3:33:00
6	Janine	Gardiner	Charlo AC	33	3:34:28
7	Elmarie	Bezuidenhout	Charlo AC	32	3:34:39
8	Michelle	Galloway	Madibaz AC	27	3:35:15
9	Katherine	Van der Walt	Body Concept	38	3:36:56
10	Leigh-Ann	Bowden	Midrand AC	40	3:38:41
11	Nolikhanyo	Mdwayi	Transnet Eng EP	33	3:40:36
12	Asanda	Solani	Motherwell AC	31	3:40:45
13	Camarin	Van Eyk	Nedbank RC EP	32	3:44:02
14	Claire	Van der Nest	Body Concept	33	3:44:36
15	Lizelle	Venter	Bloem Stiders	43	3:45:49
16	Maritza	Barnard	Pentagon Pistols	40	3:45:51
17	Sime	Baynes	Elite AC	31	3:46:24
18	Candice	Pitsiladi	Achilles AAA	36	3:47:29
19	Grizelda	Pietersen	Maxed Elite EP	46	3:49:14
20	Nadia	Zimri	Kouga Multi SC	27	3:51:38

40-44:

1	Priscilla	Dyantyi	Nedbank RC EP	40	3:33:00
2	Leigh-Ann	Bowden	Midrand AC	40	3:38:41
3	Lizelle	Venter	Bloem Stiders	43	3:45:49

45-49:

1	Grizelda	Pietersen	Maxed Elite EP	46	3:49:14
2	Lynn	Lindhorst	Temp	45	3:53:10
3	Theresa	Sneyd	Plexus Durbanville AC	48	3:58:42

50-54:

1	Christine	Claasen	Achilles AAA	50	3:20:12
2	Laura	Maritz	Elite AC	54	3:52:37
3	Rina	Van Schalkwyk	Hartenbos	50	4:07:15

55-59:

1	Michelle	Lawson	Charlo AC	56	4:28:21
2	Amanda	Wolmarans	Walmer AC	56	4:30:39
3	Christine	Snyman	Despatch AC	58	4:41:16

60-64:

1	Margie	Saunders	Nedbank RC EP	61	3:15:48 NR
2	Toekie	Steenkamp	Nedbank RC SWD	62	4:21:10

3	Nicki	Van Niekerk	Muirite Striders	60	5:11:43
65-69:					
1	Christine	Fourie	Elite AC	68	5:17:41
70-74:					
1	Paula	Richardson	Buffalo RR	71	5:08:05

10 km**MEN**

1	Melikhaya	Frans	Nedbank RC EP	22	31:09
2	Eric	Sigxashe	Motherwell AC	36	31:48
3	Mila	Pasiya	Nedbank RC EP	35	32:00
4	Brendon	Effenaar (1 st jun)	X-Cel AC	18	32:13
5	Sinathi	Mafanga	SAP MC EP	23	32:24
6	Ryan	Peter	Madibaz AC	20	32:40
7	Masande	Mlonyeni	Nedbank RC EP	34	32:57
8	Sandile	Ngunuza	Nedbank RC EP	31	35:22
9	Siyabonga	Manyube	Temp	21	36:11
10	Mbulelo	Ngqonga	Real Gijimas	34	36:11
11	Juwayne	Fletcher	Charlo AC	24	36:17
12	Johannes	Fiyani	Temp	39	36:51
13	Tumelo	Mochelenyane	Nedbank RC EP	32	37:42
14	Khayaletu	Sizila	Temp	32	38:42
15	Judaïd	Marais	X-Cel AC	18	38:49
16	Thuso	Lomberg	Bluewater Bay	15	39:20
17	Zukile	Pipe	Nedbank RC EP	36	39:34
18	Michael	Sutherland	Temp	30	39:35
19	J C	Stevens	Bluewater Bay	21	40:07
20	Monre	Lerm	Madibaz AC	16	40:17

40-44:

1	Duane	Lerm	Despatch AC	43	40:35
2	Rocco	Pretorius	Dome AC	44	47:01
3	Mark	Van Antwerp	Nedbank RC AGN	43	48:26

45-49:

1	Carriot	Galela	Run For Life EP	45	42:04
2	Elvis	Ndzima	Kowie Striders	45	42:15
3	Marius	Ferreira	St Albans CS EP	46	46:52

50-54:

1	Alfred	Spiers	Gelvan AC	54	41:27
2	Johan	Engelbrecht	Mansgenoeg AC	50	47:03
3	Randall	Cunningham	St Albans CS EP	53	47:31

55-59:

1	Rodney	Maggott	Achilles AAA	56	51:29
2	Daniel	Ferreira	Elite AC	56	51:35
3	Stephen	Coetzee	Bluewater Bay	59	56:44

60-64:

1	Hannes	Els	Warriors AC	64	40:50
2	Barry	Nelson	Legacy AC	63	57:03
3	Riaan	Smalberger	St Albans CS EP	60	1:03:05

65-69:

1	Hansie	Els	Somerset East	66	44:45
2	Cilliers	Swart	Nedbank RC EP	68	46:26
3	Andre	Fourie	Nedbank RC EP	67	56:41

70-74:

1	Ron	Clark	Bluewater Bay	71	49:39
2	Bryan	Drake	Temp	70	1:04:48
3	Brian	Smith	PEAAC	71	1:10:25

75-79:

1	John	Peart	Nedbank RC EP	78	1:25:20
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80+:

1	Wells	Anderson	PEAAC	82	1:06:52
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Juniors:

1	Brendon	Effenaar	X-Cel AC	18	32:13
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2	Judaïd	Marais	X-Cel AC	18	38:49
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3	Thuso	Lomberg	Bluewater Bay	15	39:20
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WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	32	36:52
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2	Natalie	Ross	Rhodes University	24	39:06
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3	Jamie-Lee	Schlemmer (1 st jun)	Madibaz AC	18	39:28
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4	Siphokazi	Nojoko	Motherwell AC	20	40:05
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5	Zandile	Rubushe	Mdantsane AC	30	42:36
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6	Janette	Schierz-Crusius (1 st mast)	Body Concept	54	43:39
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7	Terray	Newcombe	Elite AC	23	44:19
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8	Tiani	Claassen	Despatch AC	24	45:36
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9	Caroline	Ross	Rhodes University	24	48:19
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10	Jane	Kemp	Nedbank RC EP	38	49:06
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11	Treloar	Childs	Walmer AC	51	49:27
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12	Nikki	Strooh	Walmer AC	38	49:33
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13	Elize	Adams (1 st vet)	Gelvan AC	40	50:28
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14	Shannon	Gubu	Temp	17	50:32
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15	Anita	Boehmke	Achilles AAA	44	50:33
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16	Elsabe	Ndlumbini	Motherwell AC	31	50:36
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17	Laurika	Kilian	Temp	31	51:03
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18	Monique	Jordaan	Madibaz AC	23	51:12
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19	Leonie	Ah Kee	Nedbank RC EP	41	51:30
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20	Lundi	Payne	Temp	31	52:14
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40-44:

1	Elize	Adams	Gelvan AC	40	50:28
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2	Anita	Boehmke	Achilles AAA	44	50:33
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3	Leonie	Ah Kee	Nedbank RC EP	41	51:30
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45-49:

1	Anneline	Rautenbach	Nedbank RC EP	46	54:04
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2	Tanya	Jansen van Vuuren	Temp	46	57:04
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3	Mandy	Weidmann	Temp	45	57:22
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50-54:

1	Janette	Schierz-Crusius	Body Concept	54	43:39
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2	Treloar	Childs	Walmer AC	51	49:27
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3	Belinda	Bain	Charlo AC	52	53:15
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55-59:

1	Stephanie	Hay	Walmer AC	59	1:07:51
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2	Rieta	Vosloo	Muirite Striders	59	1:23:20
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3	Hendrina	Claassen	Despatch AC	58	1:29:07
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60-64:

1	Jos	Els	Warriors AC	62	57:44
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2	Linda	Meiring	Temp	64	1:00:58
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3	Tina	Derbyshire	Temp	60	1:05:21
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65-69:

1	Liz	Grundlingh	Muirite Striders	67	53:53
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2	Pat	Scheepers	PEAAC	66	1:05:20
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3	Gaynor	Knoetze	Temp	69	1:19:53
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70-74:

1	Orgia	Nell	Muirite Striders	71	1:09:52
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2	Isabella	Childs	Walmer AC	73	1:10:52
75-79:					
1	Dorothy	Hart	Charlo AC	76	1:20:18
2	Joey	Biggs	Temp	77	1:31:31
Juniors:					
1	Jamie-Lee	Schlemmer	Madibaz AC	18	39:28
2	Shannon	Gubu	Temp	17	50:32
3	Sisanda	Sam	Temp	18	58:42

Eastern Limb Mines Half Marathon & 10 km

Burgersfort, 6 December

(Distances: 21.1 km & 10 km [course configurations unknown]. Finishers: half marathon – 152; 10 km – 146)

Note 1: This half marathon produced even faster times on the whole this year than in 2013, when Benedict Moeng and Lebo Phalula won in 1:03:26 and 1:18:53 respectively and this year's female winner, Alicen Manake, was fourth in 1:23:02 – now she ran almost 4 minutes faster. 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 twelve men and seven women is -4.89 sec/km – just barely inside the allowable limit of -5 sec/km. Although serious doubts remain about the length of the course, the times are therefore acceptable for statistical purposes. Burgersfort is at 685 metres above sea level. In contrast, the 10 km times were slow. – Ed.

Note 2: The woman in third place in the half marathon is the Zimbabwean Nobuhle Tshuma, who has been adopted by a South African family and taken their name. – Ed.

Half marathon

MEN

1. Stephen Mokoka (Transnet) 62:14 (R15 000)
2. Lucky Mohale (Maxed Elite) 63:33 (R8000)
3. Joel Mmone (Nedbank) 63:41 (R5000)
4. Tebogo Pulusa (Dwarsrivier) 63:46 (R4000)
5. Vuyisile Tshoba (Transnet) 64:06 (R3500)
6. Sibusiso Nzima (Nedbank) 64:21 (R2500)
7. Lukas Jani (Transnet) 64:26 (R2000)
8. Givemore Mudzinganyama (ZIM/Cool Running) 65:00 (R1800)
9. Kgosi Tsosane (Nedbank) 65:24 (R1500)
10. Pule Maeko (Diepsloot) 65:29 (R500)

Veterans:

1. Johannes Kekana (Toyota) 67:23 (R2500)
2. Shadrack Hoff (New Balance) 68:22 (R1500)
3. Brighton Chipere (ZIM/Maxed Elite) 69:41 (R1000)

Masters:

1. Francis Makuka (ZAM/Phobians) 79:46 (R2500)
2. Linda Maphanga (Anglo) 80:00 (R1500)
3. Pienas Magashule (Polokwane) 80:51 (R1000)

G'masters:

1. Johannes Masehla (Polokwane) 97:37 (R2500)
2. Andries Maimela (Makhuduthamago) 1:42:45 (R1 500)
3. William Mononoka (RAC) 1:54:27 (R1000)

Juniors:

1. Thabang Mosiako (Nedbank) 65:36 (R2500)

2. Emmanuel Rabholale (Eskom) 74:00 (R1500)
3. Tsepho Sekgobela (Temp) 80:05 (R1000)

WOMEN (Same prize money as men)

1. Alicen Manake (ZIM) 79:18
2. Thozama April (Transnet) 79:51
3. Nobuhle Mahlangu (ZIM/Cool Running) 80:05
4. Nandipha Dywili (Transnet) 80:28
5. Thabita Tsatsa (ZIM/Maxed Elite) 81:22
6. Poppy Mhlambo (Boxer) 82:04
7. Azwindini Lukhwareni (Nedbank) 83:57
8. Catherine Malungane (Transnet) 84:35
9. Andronica Mokgotla (Toyota) 86:11
10. Gift Ramabele (Eskom) 86:52

Veterans:

1. Thabita Tsatsa (ZIM/Maxed Elite) 81:22
2. Prudence Zwane (Transnet) 88:15
3. Linah Mhalangu (Nedbank) 97:00

Masters:

1. Mary Mvelase (Phuma) 1:47:33
2. Linah Khosi (Blue Sky) 1:57:54
3. Muthupei Managa (Nedbank) 2:25:06

G'masters:

1. Margaret Boshoe (Sunninghill) 2:20:56

Juniors:

1. Thandi Sehohle (Born 2 Run) 95:35
2. Paballo Kobe (Temp) 1:48:59
3. Whitney Matsheba (RAC) 2:00:50

10 km

MEN

1. Precious Mashele (Transnet) 31:20
2. Tlou Peu (M.A.D Multisport) 31:41
3. Motlalepula Mothosola (Nedbank) 32:50

Veterans:

1. Emmanuel Matuma (Vhembe) 37:02
2. George Mohubedu (Marula) 40:46
3. Nkgoropo Matlana (SANDF) 51:02

Masters:

1. Phineas Maphanga (SAPS) 61:12

Juniors:

1. Mutshidzi Muravha (Nyadzani) 34:52
2. Dahalo Gwava (Vhembe) 36:39
3. Aluwani Tshivi (Vheme) 37:36

WOMEN

1. Asanda Dayimani (Temp) 46:36
2. Refiloe Peo (Toyota) 47:13
3. Mirriam Mooki (Transnet) 48:31

Veterans:

1. Mirriam Mooki (Transnet) 48:31
2. Stella Madlala (Fourways) 52:12

3. Mokelo Sedibane (Makhuduthamago) 67:14

Masters:

1. Liesbet Ntozini (Kwa Thema) 68:50

Juniors:

1. Mmanoko Napo (Bothopele) 50:46

2. Tiny Masia (Vhembe) 52:46

3. Zanele Mculo (Temp) 53:38

Race against Crime Beachcomber 15 km

Strandfontein, 6 December

(Certified loop course. Weather: cool, light breeze. Finishers: 525 [significantly up from 301 last year].)

MEN

1. Akhona Makila (VOB) 48:11 (R400)

2. Nkosinathi Sotyantya (Itheke) 49:02 (R300)

3. Xolisa Batela (VOB) 49:24 (R200)

Veterans: 1. Lawrence Chipangaan (Gallop) 51:14 (R300); 2. Xolile Macanda (Gugs) 52:24 (R200); 3. Bongani Mdlalose (SANDF) 55:32 (R100). **Masters:** 1. Eric Coetzee (NBMC) 52:34 (R200); 2. Julian Paul (SANDF) 60:20 (R100); 3. Robert Arnold (Top) 60:41 (R75). **G'masters:** 1. Muhammad Kriel (Ommie) 62:17 (R150); 2. Dicky Cloete (SANDF) 69:33 (R100); 3. Brian Merryweather (Edge) 70:07 (R50). **G/g'masters:** 1. Ray Shooter (Edge) 77:03 (R100); 2. Yusuf Gamielien (Itheke) 87:31 (R75). **Juniors:** 1. Heinrich Wagner (NBMC) 51:03 (R125); 2. Vuyolwethu Pita (Gugs) 53:22 (R75); 3. Angelo Matthys (ARD) 56:33 (R50).

WOMEN (Same prize money as men)

1. Candyce Hall (Carb) 60:52

2. Phatiswa Dyalwane (Gugs) 64:48

3. Ursula Frans (NBMC) 66:01 (1st vet)

Veterans: 1. Ursula Frans (NBMC) 66:01; 2. Ronel Steenkamp (Durb) 66:58; 3. Elydia de Monk (VOB) 72:46. **Masters:** 1. Charmaine Cupido (Ned) 69:10; 2. Paola Vignani (Ned Bol) 71:47; 3. Anne Pool (Strand) 77:36. **G'masters:** 1. Nancy Will (Pine) 69:11; 2. Helen du Plessis (Tyger) 76:56; 3. Ester Vlok (Strand) 1:46:40. **G/g'masters:** 1. Marlene James (Pine) 93:55; 2. Wilbe Fourie (Strand) 98:20. **Juniors:** 1. Razaan Kamaldien (ARD) 85:20; 2. Natasha Kleynhans (ARD) 1:42:14.

Velskoen 32 km & Klein Vellie 10 km

Mossel Bay, 6 December

(Out-and-back courses. Finishers: 32 km – 93 [up from 79 last year]; 10 km – 128 [down from 149].)

32 km

MEN

1	Lloyd Bosman	Nedbank SWD	26	2:00:30
2	Elfonzo Pieterse	Nedbank SWD	25	2:04:34
3	Sivuyile Jika	Mosselbay Harriers	32	2:05:54
4	Selwyn Losper	Mosselbay Harriers	50	2:07:10
5	Nkosi Dimaza	Sedgefield Stri	26	2:13:42
6	Sydney Landsberg	Nedbank SWD	53	2:17:28
7	Mario Meyer	Hartenbos Drawwers	35	2:17:56
8	Marlon Mortlock	KMC	40	2:18:08

9	Joey Klaasen	Sedgefield Striders	44	2:21:25
10	Rodney Halom	Outeniqua Harriers	31	2:22:54

Veterans:

1	Marlon Mortlock	KMC	2:18:08
2	Joey Klaassen	Sedgefield Striders	2:21:25

Masters:

1	Selwyn Losper	Mosselbay Bay Harriers	2:07:10
2	Sydney Landsberg	Nedbank SWD	2:17:28

G'masters:

1	Jan du Toit	Hartenbos Drawwers	2:58:40
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G/g'masters:

1	Dave Edge	Sedgefield Striders	3:11:47
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WOMEN

1	Anel van Wyk	RWFL	35	2:34:38
2	Annatjie Botes	Nedbank SWD	56	2:35:57
3	Marisa du Plessis	Temp	34	2:46:23
4	Nancy Cloete	Outeniqua Harriers	27	2:46:57
5	Rome Phillipson-Meyer	Hartenbos Drawwers	32	2:49:58
6	Elmien Scott	Temp	37	2:51:52
7	Elzet Oosthuizen	Nedbank SWD	41	2:54:52
8	Elana Buckley	Nedbank SWD	39	3:00:32
9	Elmien Nel	Nedbank SWD	43	3:01:20
10	Danielle Williams	Sedgefield Striders	35	3:03:41

Veterans:

1	Elzet Oosthuizen	Nedbank SWD	2:54:52
2	Justine Sharples	KMC	3:15:54

Masters:

1	Annatjie Botes	Nedbank SWD	2:35:57
2	Helen Brink	Hartenbos Drawwers	3:31:40

G'masters:

1	Johanna du Toit	Sedgefield Striders	3:22:59
2	Carol Nepgen	Kowie Striders	5:22:58

10 km**MEN**

1	Leon Adams	Hartenbos Drawwers	20	33:14
2	Charles Nel	Tuks	23	34:03
3	Julius Korkee	Mosselbay Harriers	30	34:35
4	Dullan Solomons	Nedbank SWD	16	34:46
5	Archie Boome	KMC	18	36:55
6	Melikhaya Msizi	KMC	31	37:29
7	Armand Nieuwenhuys	Tuks	23	38:24
8	Godwin Heyns	Mosselbay Harriers	16	38:33
9	Bradley Carelse	Nedbank SWD	16	38:35
10	Elton Botha	KMC	21	38:43

Veterans:

1	Aubrey Brinkhuis	KMC	40:15
2	Pontius Xaluva	Temp	41:44

Masters:

1	Jannie Nieuwenhuys	Temp	42:41
2	Jacob Karelse	Mossel Bay Harriers	47:21

G'masters:

1	Thys de Beer	Temp	50:19
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2	Plaatjies Cronje	Outeniqua Harriers	57:47
G/g'masters:			
1	Johan Keuler	Nedbank SWD	59:25
80+:			
1	Johan Swart	Hartenbos Drawwers	1:27:16
Juniors:			
1	Dullan Solomons	Nedbank SWD	34:46
2	Archie Boome	KMC	36:55

WOMEN

1	Marrida Leen	Mosselbay Harriers	17	40:50
2	Lisl Grobler	KMC	38	42:40
3	Cecilia Nel	Hartenbos Drawwers	32	44:19
4	Macnita Samuels	KMC	17	48:05
5	Clarisha Pieterse	Mosselbay Harriers	16	50:24
6	Manansa Kruger	Temp	25	50:32
7	Carla Coetzee	Nedbank SWD	26	50:55
8	Rea Oosthuizen	Hartenbos Drawwers	68	51:08
9	Leoni Burger	Temp	32	52:21
10	Elsa de Villiers	Hartenbos Drawwers	55	53:25

Veterans:

1	Anita Krapohl	Uppington Crusaders	54:45
2	Annelie Kruger	Hartenbosh Drawwers	55:23

Masters:

1	Elsa de Villiers	Hartenbosh Drawwers	53:25
2	Solly Liebenberg	Mossel Bay Harriers	56:39

G'masters:

1	Rea Oosthuizen	Hartenbosh Drawwers	51:08
2	Dina Fryer	Hartenbosh Drawwers	1:04:44

G/g'masters:

1	Cecilia Swiegers	RWFL	1:21:12
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Juniors:

1	Marrida Leen	Mossel Bay Harriers	40:50
2	Macnita Samuels	KMC	36:55

Metropolitan 10 km (21st)

Bellville, 3 December

(Certified loop course, very hilly. Weather: Warm, windy.)

MEN

1. Unathi Nteta (AAC) 31:55 (R800)
2. Duran Byman (Itheke) 32:00 (R600)
3. Sityhilo Diko (Ned) 32:10 (R400)
4. Danzil Paulse (East) 32:18 (R300)
5. Gershwill Jacobs (Ned) 32:23 (R200)

(All age category prize money except for juniors was the same: R300, R200, R100.)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 33:51; 2. Lawrence Chipangaan (Gallop) 34:42; 3. Pieter Koopman (Ned Bol) 34:52. **Masters:** 1. Eric Coetzee (NBMC) 36:19; 2. Monde Tutani (Gugs) 38:08; 3. Chris Mitchell (Celtic) 38:43. **G'masters:** 1. Muhammad Kriel (Ommie) 41:46; 2. Cornelius de Wee (Tyger) 48:59; 3. Johan Diener (Strand) 49:22. **G/g'masters:** 1. Ray Shooter (Edge) 54:54; 2. Yusuf Gamielien (Itheke) 60:29; 3. Peter Chubb (VOB) 64:07. **Juniors:** 1. Granwin Katzen (Itheke) 34:00 (R500); 2. Samuel van der Merwe (Bell) 34:40 (R300); 3. Ronald January (Itheke) 36:16 (R200).

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 38:51
2. Fortunate Chidzivo (ZIM/Itheko) 41:50
3. Candyce Hall (Carb) 41:52
4. Pamela Moyikwa (VOB) 43:02
5. Busisiwe Matiwane (Celtic) 43:40

Veterans: 1. Sheryl de Lange (NBMC) 44:51; 2. Elizabeth de Gouveia (Durb) 45:57; 3. Theresa Brand (Bell) 51:08. **Masters:** 1. Mariëtte Strauss (Tyger) 45:19; 2. Charmaine Cupido (Ned) 47:05; 3. Paola Vignani (Ned Bol) 48:44. **G'masters:** 1. Nancy Will (Pine) 47:07; 2. Helen du Plessis (Tyger) 54:11; 3. Diane Duggan (Hartebees) 65:12.

G/g'masters: 1. Pixie Sparg (Celtic) 59:01; 2. Marlene James (Pine) 66:34; 3. Marianne Nelson (Durb) 73:15. **Juniors:** 1. Pamela Moyikwa (VOB) 43:02; 2. Busisiwe Gwala (VOB) 44:42; 3. Lauren Jonathan (VOB) 44:47.

TRACK

Friday Night Lights Series Meeting

Port Elizabeth, 5 December

Note: The athletes competed in their age groups for 2015. – Ed.

MEN

800:

1	Amos	NYONGU	MDB	2:00.68
2	Siyanda	COCKO	RU	2:01.22
3	Donald	NEL	MDB	2:01.81

1 mile:

1	Amos	NYONGU	MDB	4:20.54
2	Marianio	EESOU	MDB	4:26.08
3	A	KETCHEM	X-cel	4:30.04
4	M	POSILITSI	IND	4:34.60
5	Brendon	EFFENAAR	X-cel	4:55.94
6	Siyanda	COCKO	RU	5:07.47
7	At	SCHOEMAN	NB	6:41.69

3000:

1	Amos	NYONGU	MDB	8:35.20
2	Marianio	EESOU	MDB	8:35.40
3	A	KETCHEM	X-cel	8:40.60

Men 19

800:

1	T	OLIVIER	FR	1:59.79
2	Ruan	JONCK	DES	2:00.01
3	Nathan	LE ROUX	IND	2:04.03
4	Clinton	KOERIES	BW	2:06.09
5	M	FERREIRA	PHS	2:11.15

1500:

1	Nathan	LE ROUX	IND	4:07.72
2	Ruan	JONCK	DES	4:21.41
3	M	FERREIRA	PHS	4:30.50

3000:				
1	Monde	POLISITI	IND	8:49.00
2	A	GERWEL	X-cel	8:49.20
3	Nathan	LE ROUX	IND	9:02.60
4	B	EFFENAAR	X-cel	9:03.40

Boys 17

800:				
Race 1 -				
2	M	KENE	QC	2:04.15
3	H	NGCIKWE	VPHS	2:10.41
8	Slabbert	BRENDON	WHS	2:49.03

Race 2 -				
1	Heinrich	WILLWMSE	DES	2:01.92
4	Teko	VIWE	WHS	2:10.43
5	L	GILMAN	QC	2:17.59
6	I	MARAIS	FR	2:19.86
7	Tafeni	KHWEZI	WHS	2:34.31

1500:				
1	D	FINLAY	GH	4:13.39
2	A	DUGMORE	GH	4:21.03

2000 s/chase:				
1	Morne	LERM	DES	7:16.40

3000:				
1	D	FINLAY	GH	9:04.00

WOMEN

800:				
1	Jamie-Lee	SCHLEMMER	MDB	2:24.92
2	Kayla	NELL	MDB	2:30.30
3	Annica	COETZEE	MDB	2:32.17
4	Monique	JORDAAN	MDB	2:35.92

1500:				
1	Jamie-Lee	SCHLEMMER	MDB	4:52.86
2	Babalwa	NGCOKO	NB	5:11.88
3	C	PETZER	FR	5:24.50

3000:				
1	Babalwa	NGCOKO	NB	11:24.70

Women 19

800:				
1	Shannon	SCHOLTZ	COL	2:24.58

1500:				
1	C	RIDDLE	PHS	5:00.33
2	Bianca	BUMBROUGH	COL	5:49.79
3	D	CRONJE	FR	5:56.31

2000 s/chase:				
1	Bianca	BUMBROUGH	COL	8:27.68
2	D	CRONJE	FR	9:05.03

Girls 17

800:

1	K	MANTHE	PHS	2:36.04
2	Eryn	GERBER	COL	2:37.52
3	A	TERBLANCHE	FR	2:48.17
4	S	OLIVIER	FR	3:01.06

1500:

Race 1 -

2	C	PETZER	FR	5:41.75
4	Harding	SAMANTHA	WHS	6:51.47

Race 2 -

1	Eryn	GERBER	COL	5:33.77
3	A	KLEU	FR	5:53.35
5	C	BOTHA	FR	7:03.71

2000 s/chase:

1	C	PETZER	FR	8:44.60
2	A	MATTHEE	FR	9:16.09

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**Fukuoka International Open Marathon Championships (68th)**

(IAAF Gold Label Road Race)

Fukuoka, JPN, 7 December

(Distance: 42.195 km; certified loop course with stadium start and finish)

Note: *Race Results Weekly* reports that former marathon world record holder Patrick Makau -- who hadn't finished a marathon since London in April 2013 -- showed he's back in the game here, winning a late-race battle over Raji Assefa and Ser-Od Bat-Ochir. Bat-Ochir, the Mongolian record holder, opened a 40-metre gap at 37 km, but Makau reeled him him to win by a comfortable 26-second margin. Raji Assefa got second and Bat-Ochir lowered his own national record in third. – Ed.

MEN (gun times)

1.	Patrick Makau, KEN	2:08:22
	[1:03:39 / 1:04:43]	
2.	Raji Assefa, ETH	2:08:48
3.	Ser-Od Bat-Ochir, MGL	2:08:50 NR
4.	Masakazu Fujiwara, JPN	2:09:06
5.	Tomoya Adachi, JPN	2:09:59 PB
6.	Henryk Szost, POL	2:10:02
7.	Chiharu Takada, JPN	2:10:03 PB
8.	Yared Asmerom, ERI	2:10:09
9.	Tsuyoshi Ugachi, JPN	2:10:50 PB
10.	Mekubo Mogusu, KEN	2:11:29
... 21.	Martin Mathathi, KEN	2:17:23
22.	Gladwin Mzazi RSA	2:17:43 PB
	[1:03:39 / 1:14:04]	

Kosa 10 Miles (39th)

Kosa, JPN, 7 December

Note: This is the world's deepest 10-mile road race, with 79 men breaking 50 minutes (roughly 47:36 for 15 km; the winning 45:51 is equal to approx. 42:45). The first thirteen all set PBs, and nineteen of the top twenty! – Ed.

MEN (gun times)

1. Jeremiah Thuku Karemi (KEN)	45:51 PB
2. Natsuki Terada	46:33 PB
3. Yuya Konishi	46:35 PB
4. Aritaka Kajiware	46:36 PB
5. Masato Imai	46:37 PB
6. Kensuke Takezawa	46:37 PB
7. Shintaro Miwa	46:37 PB
8. Yo Yazawa	46:38 PB
9. Akinobu Murasawa	46:40 PB
10. Yuki Oshikawa	46:40 PB
11. Masamichi Yasuda	46:41 PB
12. Kento Otsu	46:42 PB
13. Kazuhiro Maeda	46:44 PB
14. Alex Mwangi (KEN)	46:45
15. Kohei Matsumura	46:47 PB
16. Yuji Nakamura	46:48 PB
17. Yoshihiro Yamamoto	46:54 PB
18. Kazuharu Takai	46:55 PB
19. Hayato Ideue	46:57 PB
20. Kazuya Deguchi	46:58 PB

California International Marathon (32nd)

Folsom Dam to Sacramento, USA, 7 December

(Distance: 42.195 km; certified point-to-point course with 105 m elevation loss)

MEN (gun times)

1. Jacob Chemtai, 27, KEN	2:11:57 PB	\$10,000
2. Jordan Chipangama, 26, ZAM	2:13:51	5,000
3. Kiplangat Terer, 29, KEN	2:14:19	2,500

WOMEN (gun times)

1. Volha Mazuronak, 25, BLR	2:27:33 PB/CR*	\$10,000
2. Jane Kibii, 29, Auburn, CA	2:32:24 PB	5,000
3. Kristen Zaitz, 34, Broomfield, CO	2:32:49 PB	2,500

Pfixx Solar Montferland Run (18th)

's-Heerenberg, NED, 7 December

(Distance: 15 km)

Note: Not many races are able to boast both marathon world record holders -- Dennis Kimetto of Kenya and Paula Radcliffe of Great Britain -- in their field, although neither played a role in the outcome of the race here. – Ed.

MEN (gun times)

1. Hizkial Tewelde, ERI, 43:27 PB
2. Nibert Kigen, KEN, 43:32 PB
3. Geoffrey Koech, KEN, 43:43 PB
4. Stephen Kiplagat, KEN, 44:23
5. Ezra Sang, KEN, 45:31
- ... 13. Dennis Kimetto, KEN, 47:00

WOMEN (gun times)

1. Askale Merachi, ETH, 50:44
2. Irene van Lieshout, 1993, NED, 51:59 PB
3. Kim Dillen, NED, 52:00
4. Miranda Boonstra, 1973, NED, 52:04
5. Paula Radcliffe, 1973, GBR, 52:48

Cochin Int'l Half Marathon (2nd)

Kochi, IND, 7 December

(Distance: 21.1 km; IAAF certified out-and-back course with track finish)

MEN

- | | | |
|-------------------------------|-------------|------------------|
| 1. Bernard Kipyego, KEN | 1:02:38 CR* | USD 5500 + 1500* |
| 2. Aduugna Takele Bikila, ETH | 1:03:00 | 3500 |
| 3. Lucas Rotich, KEN | 1:03:17 | 2250 |
| 4. Eliud Tarus, KEN | 1:03:35 | 1750 |
| 5. Solomon Deksis, ETH | 1:03:58 | 1250 |

WOMEN

- | | | |
|-------------------------|-------------|------------------|
| 1. Helah Kiprop, KEN | 1:11:40 CR* | USD 5500 + 1500* |
| 2. Caroline Kilel, KEN | 1:13:26 | 3500 |
| 3. Workenesh Edesa, ETH | 1:14:42 | 2250 |
| 4. René Kalmer, RSA | 1:14:54 | 1750 |

*) Course record bonus

Course de l'Escalade (37th)

Genève, SUI, 6 December

(Distances: men, 7.25 km (three laps); women, 4.79 km (two laps))

MEN (extended gun times)

1. Abraham Kipyatich, 1993, KEN, 20:56.3
2. Tadesse Abraham, 1982, LC Uster, 21:01.5
3. Temesgen Daba, 1994, ETH, 21:07.2

WOMEN (extended gun times)

1. Cynthia Kosgei, 1993, KEN, 15:50.3
2. Julia Bleasdale, 1981, GBR, 15:51.6
3. Jane Muia, 1986, KEN, 16:09.8

CROSS-COUNTRY

Cross Internacional de la Constitución (29th)

Aranda de Duero (Burgos), ESP, 6 December

SR. MEN (9985 m)

1. Samuel Tsegay Tesfamariam, ERI	28:17
2. Javier Guerra Polo, Adidas	28:31
3. Adel Mechaal, AA Palamos	28:44
4. Sebastian Martos Roa, Nike International	29:00
5. Moses Kibet, UGA	29:03

SR. WOMEN (6105 m)

1. Alessandra Aguilar, Seoane Pampin	19:42
2. Teresa Urbina Gómez, FC Barcelona	19:49
3. Marisa Casanueva Cabrero, New Balance	20:04
4. Nuria Lugueros Diaz, Piélagos Cantabria	20:10
5. Jacqueline Martín Alvarez, FC Barcelona	20:14

Foot Locker West Regional Cross-country Championships

Walnut, USA, 6 December

(Distances: 5 km)

BOYS:

Seeded Race -

1. Elijah Armstrong, Pocatello, ID	15:24.2
2. Trevor Reinhart, Ross, CA	15:28.4
3. Matthew Maton*, Bend, OR	15:36.4

*) Grandson of SA distance star Deon Dekkers

STATS TIME

This week we include a list of the top ten SA women 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. Secondary performances by the top three are also listed.

2014 15 KM: TOP 10 WOMEN

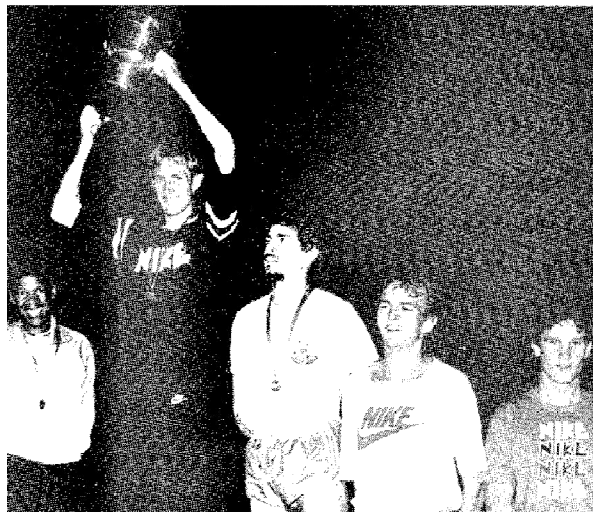
53:54	Kim Laxton	1	Germiston	06 Apr
54:48	Annie Bothma	1	Ravensmead	26 Apr
55:37	Bulelwa Simae	1	Eerste River	21 Jun
55:37	Zintle Xiniwe	2	Eerste River	21 Jun
55:37	Yolande Maclean	1	Benoni	05 Nov
55:39	Louisa Leballo	1	Pretoria	16 Aug
56:24	Ntombesintu Mfunzi	1	Port Elizabeth	01 Mar
56:42	Tanya Scott	2	Constantia	08 Mar
56:52	Nomvuyisi Seti	3	Eersterivier	21 Jun
57:16	Laxton-2	2	Pretoria	16 Aug
57:23	Simae-2	2	Somerset West	28 Jun
57:38	Ulrica Stander	3	Constantia	08 Mar

THIS MONTH IN HISTORY

This is our final look back to celebrate the history of the mile. – Ed.

29 years ago: 14 December 1985

Eleven of South Africa's 57 dream mile athletes ran their fastest times in December. One of the best miles in South African history came on this day at the famous Vernon Barnes Meeting in Port Elizabeth when five men dipped under 4 minutes – at the time the most ever. National record holder Johan Fourie went under the barrier for the 38th time when he won in 3:53.06, less than two seconds slower than his SA record and more than four seconds faster than anyone else could run that year. Matthews Temane was second in 3:57.6, Deon Brummer third in 3:57.7, and he was followed by two of the country's most promising young runners, both with personal bests, Hans van der Veen (3:58.8) and Marius-Hugo Schlechter (3:59.0). Fourie's time placed him eleventh on the world list for the year. Apart from Van der Veen and Schlechter, the other nine South Africans who recorded sub-4 minute miles in December are Bennie Greyling, Monde Tutani, Jacques van Rensburg, Craig Lambert, Greg Liefeldt, Cliffie Miller, Francois Annandale, Anton Nicolaisen and Junior Prinsloo – all of these times were achieved in 1991 or earlier.



□ The photograph shows the five men who ran faster than 4 minutes in Port Elizabeth: Matthews Temane, Johan Fourie, Deon Brummer, Hans van der Veen and Marius-Hugo Schlechter. [Chris Mance, *Oosterlig*]

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	
21.1 km	42:18	Abera Kuma Lema (ETH)		29 Mar
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	60:47	Stephen Mokoka	Copenhagen	22 Mar
	58:48	Abraham Cheroben (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset East	
	71:47	Abraham Cheroben (KEN)		22 Mar
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		

30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	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	67:23	Johannes Kekana	Burgersfort	06 Dec
	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	52:34	Eric Coetzee	Strandfontein	06 Dec
	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				

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	65:36	Thabang Mosiako	Burgersfort	06 Dec
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:20	Irvette van Zyl	Stellenbosch	09 Aug
	30:46	Betsy Saina (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	46:59	Priscilla Cheptoo (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	65:39	Mary Keitany (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	40:17*	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	Mari Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		

100 km

*) She ran the same time in Cape Town on 6 April.

Grandmasters (60+)

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	3:15:48	Margie Saunders	Port Elizabeth	06 Dec
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	79:09	Annie Bothma	Bloubegstrand	08 Nov
	1:09:05	Delilah Asiago (KEN) 1991		

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