

# Distance Running Results

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## EDITORIAL

The highlights of the weekend on the local scene came in the three Johnson Crane races in Benoni. Yolande Maclean scored a significant victory over Ethiopian Alemtsehay Hailu Kakissa in the marathon, running 2:46:55 to win by more than 6 minutes. Charné Bosman was third. Julianie Basson, who turned 40 in early December, scored her first marathon win in her new age category in 3:06:35.

The half marathon went to Desmond Mokgobu in 64:46 and Irvette van Zyl in 74:48 ahead of Christine Kalmer. In the 10 km Stephen Mokoka (28:00) and Lebo Phalula (33:06) were first across the line.

Maclean's time was not the fastest of the weekend (and the year), however. In the Gran Canaria Marathon Tanith Maxwell finished second in 2:39:45, her quickest since April 2012.

In the Standard Chartered Dubai Marathon on Friday Shure Demissie (ETH), in her debut, set a new world junior record of 2:20:59. Men's winner, Demissie's compatriot Lemi Berhanu Hayle, became the 57<sup>th</sup> runner to dip under 2:06:00 with his 2:05:28 clocking. In Japan Tetyana Gamera-Shmyrko won the Osaka Women's Marathon for the third time in a row, clocking a new Ukrainian record of 2:22:09.

In Dubai Lukas Jani was 27<sup>th</sup> in a PB of 2:17:37, while at an indoor meeting in Lexington, USA, Dominique Scott set a meeting record of 4:32.48 in the mile.

As can be expected at this time of the year, the list leaders compilation took a beating, with the Benoni races alone accounting for 20 new entries.

Last week's lists leaders turned out to be a bit of a mess, with a wrong heading and a wrong first sentence. My apologies for this. Also, the absence of Red Hill results (they are included this week) was the fault of a cyberspace mishap – they were indeed sent by regular correspondent Kevin Harlock.

Riël Hauman

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Lemi Berhanu Hayle wins the Standard Chartered Dubai Marathon with a PB of 2:05:28. [IAAF]

INCLUDED IN THIS ISSUE:

- \* Johnson Crane Marathon, Half Marathon & 10 km, Benoni
- \* Kloofnek Classic Half Marathon, Cape Town
- \* PDAC 25 km, Pinetown
- \* Akasia Marathon, Half Marathon & 10 km, Pretoria
- \* JointEze Dan Luyt 15 km, Durbanville
- \* Red Hill 36.2 km & Marathon, Fish Hoek
- \* Rehydrate Bedfordview 5 km, Bedfordview
- \* Varsity Kudus 15 km, Johannesburg
- \* City Lodge RAC Tough One 32 km and Asics 5 km Dash, Johannesburg

**International highlights:**

- \* Osaka International Women's Marathon & Half Marathon, Osaka, JPN
- \* Standard Chartered Hong Kong Marathon, Hong Kong, HKG
- \* Standard Chartered Dubai Marathon, Dubai, UAE
- \* Chevron Houston Marathon & Aramco Half Marathon, Houston, USA
- \* Standard Chartered Mumbai Marathon, Mumbai, IND
- \* Mitja Marato Internacional Vila de Santa Pola, Santa Pola, ESP
- \* XC: Cross Internacional de Itálica, Seville, ESP
- \* Indoor track: University of Kentucky Rod McCravy Memorial Meet, Lexington, USA;  
University of Washington Indoor Preview, Seattle, USA; Open Meeting, Reykjavik, ISL;  
NYC Gotham Cup, New York, USA; Virginia Tech Invitational, Blacksburg, USA; Arkansas  
vs Texas Duel, Fayetteville, USA

**ROAD RUNNING**

**Johnson Crane Marathon (35<sup>th</sup>), Half Marathon & 10 km**

Benoni, 25 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses)

**Marathon**

MEN

1 Thsidiso Bosiu (GS) 2:22:54; 2 Charles Tjiane (Maxed Elite) 2:24:58 (1<sup>st</sup> vet); 3 Rofhiwa Mathidi (FFA) 2:26:49.

**Veterans:** 1 Charles Tjiane (Maxed Elite) 2:24:58; 2 Peter Gaebetese (Samancor) 2:41:07. **Masters:** 1 David Gamede (Boksburg) 2:57:26. **G'masters:** 1 Les Ivings (Carlton) 3:22:18.

WOMEN

1 Yolande Maclean (Born 2 Run) 2:46:55; 2 Alemtsehay Hailu Kakissa (ETH/Nedbank) 2:53:20; 3 Charné Bosman (Nedbank) 2:57:52.

**Veterans:** 1 Julianie Basson (Born 2 Run) 3:06:35; 2 Mitsie v.d. Westhuizen (Runavation) 3:12:58. **Masters:** 1 Sarah Crooks (Randburg Harriers) 3:45:52.

**Half marathon**

MEN

1 Desmond Mokgobu (Boxer) 64:46; 2 Lucky Mohale (Temp) 66:35; 3 Retsepile Khotle (Scaw) 67:00.

**Veterans:** 1 Siphon Ncube (ZIM/Maxed Elite) 71:01; 2 Simon Segau (Discovery) 77:23.

**Masters:** 1 Daniel Mothibe (Runavation) 78:37. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 84:22.

## WOMEN

1 Irvette van Zyl (Nedbank) 74:48; 2 Christine Kalmer (Boxer) 78:05; 2 Cheryl-Lynn Koekemoer (Kempton) 85:49.

**Veterans:** 1 Gillian Sieling 87:46; 2 Michelle Mee (RAC) 90:01. **Masters:** 1 Jane Mudau (Nedbank) 90:40. **G'masters:** 1 Elaine Greenblatt (Nedbank) 2:08:10.

**10 km**

1 Stephen Mokoka (Transnet) 28:00; 2 Derocious Makhobalo (Nedbank) 29:09; 3 Philimon Mathiba (Elim) 29:12.

**Veterans:** 1 Simon Mpholo (Nedbank) 30:20; 2 Justanus Gantsi (Maxed Elite) 31:59.

**Masters:** 1 Themba Phulu (Panorama) 36:39. **G'masters:** 1 Willie Maisela (Boksburg) 40:29. **Juniors:** 1 Kabelo Melamu (Randmark) 30:19; 2 William Potgieter (Runavation) 31:31; 3 Johannes Redaba (Benoni Harriers) 33:59.

## WOMEN

1 Lebo Phalula (Temp) 33:06; 2 Cornelia Joubert (Nedbank) 34:59; 3 Samukeliso Moyo (ZIM/Maxed Elite) 37:33.

**Veterans:** 1 Samukeliso Moyo (ZIM/Maxed Elite) 37:33; 2 Thuli Mbatha (Kathlehong) 40:09. **Masters:** 1 René Strydom (Randburg Harriers) 42:27. **G'masters:** 1 Deirdre Larkin (Randburg Harriers) 61:12. **Juniors:** 1 Puseletso Dieta (Global Natural) 40:23; 2 Cian Oldknow (FFA) 41:03; 3 Kelebogile Moreo (Boksburg) 42:21.

**Kloofnek Classic Half Marathon**

Cape Town, 25 January

(Distance: 21.1 km; certified, very hilly out-and-back course. Weather: hot, no wind. Finishers: 1598 [up from 1333 last year].)

## MEN

1. Siviwe Nkombi (Itheko) 1:13:47
2. Sityhilo Diko (Ned) 1:16:28
3. Admire Rushika (ZIM/VOB) 1:16:47

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 1:19:02; 2. Youssef Kanouni (Central) 1:24:05; 3. Xolile Macanda (Gugs) 1:24:18. **Masters:** 1. Eric Coetzee (NBMC) 1:22:22; 2. Johnny Persents (WR) 1:25:01; 3. Monde Tutani (Gugs) 1:27:35. **G'masters:** 1. Muhammad Kriel (Ommie) 1:37:49; 2. Brian Key (Forest) 1:43:01; 3. Albert Williams (Top) 1:44:13. **Juniors:** 1. Haaroen Milward (Central) 1:51:25.

## WOMEN

1. Laura Peddle (Strand) 1:33:52
2. Candyce Hall (Carb) 1:37:09
3. Busisiwe Matiwane (Celtic) 1:38:22

**Veterans:** 1. Sheryl de Lange (NBMC) 1:39:10; 2. Wilna Eybers (Strand) 1:42:22; 3. Janet Adam (Harf) 1:42:29. **Masters:** 1. Viv Williams (ATC) 1:38:44 CR; 2. Charmaine Cupido (Ned) 1:45:59; 3. Elizabeth Bax (Pine) 1:51:00. **G'masters:** 1. Nancy Will (Pine) 1:44:11 CR; 2. Helen du Plessis (Tyger) 2:03:16; 3. Robin Sherry (Forest) 2:17:31.

**PDAC 25 km (34th)**

Pinetown, 25 January

(Point-to-point downhill course. Finishers: 1164 [down from 1338 last year].)

## MEN

|    |                 |               |         |
|----|-----------------|---------------|---------|
| 1. | Sipho Mbanjuli  | Phatane AC    | 1:20:54 |
| 2. | Elmore Sibanda  | ZIM/Ubunye AC | 1:21:10 |
| 3. | Babalo Mtsokoba | Stella AC     | 1:22:00 |

**40-49:**

|    |                |               |         |
|----|----------------|---------------|---------|
| 1. | Samson Mnyango | Matubatuba AC | 1:36:50 |
|----|----------------|---------------|---------|

**50-59:**

|    |                 |          |         |
|----|-----------------|----------|---------|
| 1. | Nicolas Dlamini | Boxer AC | 1:44:28 |
|----|-----------------|----------|---------|

**60+:**

|    |                   |       |         |
|----|-------------------|-------|---------|
| 1. | Boysie van Staden | DHSOB | 2:04:18 |
|----|-------------------|-------|---------|

## WOMEN

|    |                  |            |         |
|----|------------------|------------|---------|
| 1. | Suzette Botha    | Eskom AC   | 1:42:12 |
| 2. | Danielle Adlam   | Nedbank AC | 1:42:16 |
| 3. | Nonsikelo Mbambo | Natal Carb | 1:44:41 |

**40-49:**

|    |               |          |         |
|----|---------------|----------|---------|
| 1. | Suzette Botha | Eskom AC | 1:42:12 |
|----|---------------|----------|---------|

**50-59:**

|    |               |         |         |
|----|---------------|---------|---------|
| 1. | Maria Wareing | Legends | 2:06:53 |
|----|---------------|---------|---------|

**60+:**

|    |               |     |         |
|----|---------------|-----|---------|
| 1. | Pam Rasmussen | QBH | 2:17:50 |
|----|---------------|-----|---------|

**Akasia Marathon, Half Marathon & 10 km**

Pretoria, 24 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 850 [up from 760 last year]; half marathon – 1550 [up from 1370]; 10 km – 2150 [considerably down from 2800]; also 2500 in the 5 km for a total participant figure of 7050.)

Note: The second half marathon in a week for junior Jeannie de Beer, also a list leader. – Ed.

**Marathon**

## MEN

1 Nikky Masombuko (Nedbank) 2:31:55 (1<sup>st</sup> vet); 2 William Chinyanga (ZIM/Nedbank) 2:32:37; 3 Lucas Nonyana (Maxed Elite) 2:33:16; 4 Thompson Magagane (Nedbank) 2:36:33; 5 Reuben Maapola (Nedbank) 2:36:55.

**Veterans:** 1 Nikky Masombuko (Nedbank) 2:31:55; 2 Greg Barnes (Born 2 Run) 2:40:07; 3 Philimon Manyaka (Nedbank) 2:44:35. **Masters:** 1 Elias Legodi (Moretele) 2:57:34.

**G'masters:** 1 Daniel Hlongwane (Nedbank) 3:27:03. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 4:59:24.

## WOMEN

1 Emmerentia Rautenbach (Nedbank) 3:01:46; 2 Salome Cooper (Temp) 3:17:28; 3 Lindsey van Aswegen (Temp) 3:17:29 (1<sup>st</sup> vet); 4 Monica Vorster (Boksburg) 3:20:45; 5 Naomi Brandt (Temp) 3:22:03.

**Veterans:** 1 Lindsey van Aswegen (Temp) 3:17:29; 2 Zelda Breytenbach (Irene) 3:25:57; 3 Nocawe Morake (Wonderpark) 3:38:39. **Masters:** 1 Rita van Wyk (Boksburg) 3:43:28.

**Half marathon**

## MEN

1 Stanley Mofu (Nedbank) 70:20; 2 Tumelo Mahlangu (Nedbank) 70:44; 3 Peter Muso (Dainfern) 70:50.

**Veterans:** 1 Piet Mosibedi (Transnet) 77:34; 2 Alpheus Maluleka (Runavation) 84:40; 3 Dirk Cloete (Irene) 86:39. **Masters:** 1 Johannes Raphakela (Tshwane AC) 89:06.

**G'masters:** 1 John Woodnutt (Morningside) 94:47. **G/g'masters:** 1 Jurgen Linke (Fit 2000) 2:17:50.

## WOMEN

1 Ansie Breytenbach (Irene) 1:40:09; 2 Ronel van Graan (Krugersdorp) 1:41:00 (1<sup>st</sup> vet); 3 Andriël de Lange (Overkruin) 1:42:09.

**Veterans:** 1 Ronel van Graan (Krugersdorp) 1:41:00; 2 Elmarie Pretorius (RWFL) 1:46:54; 3 Sunette Nel (Magnolia) 1:49:16. **Masters:** 1 Ansie Breytenbach (Irene) 1:40:09.

**G'masters:** 1 Maz Moore (Kayalami) 2:24:15. **G/g'masters:** 1 Mavis Stadler (Agape) 2:25:13. **Juniors:** 1 Jeannie de Beer (Nedbank) 1:45:00.

**10 km**

## MEN

1 William Nzd hulula (Vutha) 31:58; 2 Steve Ngqolo (Transnet) 32:14; 3 Bafana Dube (Transnet) 32:31.

**Veterans:** 1 Colin Witbooi (PMMC) 35:30; 2 Never Matiya (BCC) 35:44; 3 Daniel Gwangwa (Global) 38:26. **Masters:** 1 Dan Mothibe (Runavation) 36:56. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 39:31. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 54:01.

**Juniors:** 1 Godfrey Mhlanga (Transnet) 38:09.

## WOMEN

1 Marelize Retief (Boxer) 37:38; 2 Catherine Skosana (Nedbank) 39:38; 3 Thembi Baloyi (TUT) 39:42.

**Veterans:** 1 Jaquie v.d. Waals (Irene) 40:35; 2 Ronel Thomas (Boxer) 45:25; 3 Susan Rossouw (CSIR) 48:22. **Masters:** 1 Jane Mudau (Nedbank) 41:58. **G'masters:** 1 Lyn de Bruin (Irene) 55:08. **G/g'masters:** 1 Kiebett Straus (Agape) 1:49:40. **Juniors:** 1 Sumarie Moolman (ACRW) 54:45.

**JointEze Dan Luyt 15 km (42<sup>nd</sup>)**

Durbanville, 21 January

(Certified loop course, hilly, partly on gravel around horseracing track. Weather: warm and windy, cooling down later. Finishers: 979 [down from 1031 last year].)

Note: Annie Bothma ran approx. 250 m extra after being misdirected, but still won very comfortably. Ulrica Stander, now a veteran, was foiled in her attempt to become the first athlete, male or female, to win the race five times in succession, but still won the 40+ category by almost 8 minutes. – Ed.

## MEN

1. Lungile Gongqa (Ned) 47:53 (R700)
2. Mthandazo Qhina (Ned) 50:13 (R500)
3. Denzil Paulse (East) 51:08 (R300)

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

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 53:52; 2. Henry Wolstenholme (Durb) 57:30; 3. Tholang Moloi (SANDF) 58:27. **Masters:** 1. Friedl van der Merwe (NBMC) 62:26; 2. Ludwig Lillie (Durb) 65:29; 3. Peter Kisbey-Green (Four) 67:07. **G'masters:** 1. Natale Roelofse (Worc) 77:51; 2. Brian Rothman (Brack) 79:22; 3. Brian Merryweather (Edge) 80:21. **Juniors:** 1. Denzil Byman (Itheke) 58:09 (R200); 2. Gershwin Kammies (Sanlam) 62:57 (R100); 3. Abduraghman Souma (Eskom) 90:16 (R50).

WOMEN (Same prize money as men)

1. Annie Bothma (Ned) 55:53  
2. Bulelwa Simae (Ned) 59:07  
3. Nomvuyisi Seti (Itheke) 60:41

**Veterans:** 1. Ulrica Stander (NBMC) 61:36; 2. Sheryl de Lange (NBMC) 69:33; 3. Vanessa Bowman (Kempton) 72:26. **Masters:** 1. Mariëtte Strauss (Tyger) 71:33; 2. Anne Pool (Strand) 84:12; 3. Delyse Rist (Pine) 86:35. **G'masters:** 1. Nancy Will (Pine) 72:47; 2. Helen du Plessis (Tyger) 84:08; 3. Marianne Nelson (RWFL) 1:48:39. **Juniors:** 1. Busisiwe Gwala (VOB) 72:43; 2. Razaan Kamaldien (ARD) 84:23.

### **RealNet Properties Red Hill 36.2 km (40<sup>th</sup>) & Marathon (26<sup>th</sup>)**

Fish Hoek, 17 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses. Weather: Cool at start, warm later; good conditions. Finishers: 36.2 km – 1089 [up from 936 last year]; marathon – 650 [up from 577].)

Note: Grandmaster Nancy Will ran in the masters category in the shorter race and won by more than 17 minutes! – Ed.

#### **36.2 km**

MEN

1. Sityhilo Diko (Ned) 2:06:21  
2. Siviwe Nkombi (Itheke) 2:06:49  
3. Ben Matiso (Itheke) 2:10:13

**Veterans:** 1. Pieter Koopman (Itheke) 2:25:07; 2. Youssef Kanouni (Central) 2:25:39; 3. Xolile Macanda (Gugs) 2:27:25. **Masters:** 1. Andrew Tunstall (Hout) 2:40:34; 2. Ludwig Lillie (Durb) 2:45:54; 3. Garry Wilford (Durb) 2:48:40. **G'masters:** 1. Muhammad Kriel (Ommie) 2:48:03; 2. Barry Bester (NBMC) 2:55:33; 3. Albert Williams (Top) 2:56:17. **G/g'masters:** 1. Brian Key (Forest) 2:57:58; 2. Denzil Bardwell (FH) 3:54:33; 3. Yusuf Gamielien (Itheke) 4:10:33.

WOMEN

1. Danette Smith (NBMC) 2:37:26  
2. Ursula Frans (NBMC) 2:43:50  
3. Thalia Charalambas (Ind) 2:47:56

**Veterans:** 1. Ursula Frans (NBMC) 2:43:50; 2. Tracy Forbes (VOB) 2:52:31; 3. Jana Trojan (CZE/VOB) 2:52:32. **Masters:** 1. Nancy Will (Pine) 3:05:24; 2. Paola Vignani (ITA/Ned Bol) 3:22:29; 3. Denise Johannes (SH) 3:23:40. **G'masters:** 1. Annalie Mader (Durb) 3:34:08; 2. Nadia Wilds (Celtic) 3:55:45; 3. Ruth Leverton (Pine) 4:02:10. **G/g'masters:** 1. Avril Delapelin Dumont (WC) 4:17:10; 2. Marlene James (Pine) 4:28:37.

#### **Marathon**

MEN

1. Bernard Rukadza (ZIM/Gugs) 2:33:11  
2. Anda Lubelwana (Hout) 2:35:21

3. Klaus Chihowa (FH) 2:39:12

**Veterans:** 1. Tholand Moloji (SANDF) 2:51:39; 2. Andile Mlandu (IT) 2:54:22; 3. Nic de Beer (NBMC) 2:57:18. **Masters:** 1. Shafiek Cassiem (Itheko) 3:08:29; 2. Desmore Opper (Durb) 3:10:02; 3. Henry Cieverts (Top) 3:12:31. **G'masters:** 1. Klaus Kassel (WC) 3:45:32; 2. Brian Merryweather (Edge) 3:54:32; 3. Danie Hauptfleisch (Well) 4:03:11. **G/g'masters:** 1. Anthony Riddick (RWFL) 3:58:59; 2. Joseph Matthews (MS) 4:23:49.

#### WOMEN

1. Candyce Hall (Carb) 3:07:29  
2. Adele Waldron (WC) 3:08:31  
3. Kerry-Ann Marshall (ATC) 3:08:35

**Veterans:** 1. Adele Waldron (WC) 3:08:31; 2. Obertina Kanyongo (ZIM/WC) 3:24:49; 3. Theresa Brand (Bell) 3:27:46. **Masters:** 1. Cheryl Rudolph (East) 3:39:17; 2. Juliette Savini (Durb) 3:39:56; 3. Elizabeth Bax (Pine) 3:51:06. **G'masters:** 1. Jeanette van Wyk (Tyger) 4:50:22.

### Rehydrate Bedfordview 5 km

Bedfordview, 11 January  
(Finishers: 1291)

Note: Simonay Weitsz and Chane Wilson were the first two juniors across the line, but did not receive the prizes in this category because they were not wearing age category tags. – Ed.

#### MEN

|    |             |           |              |    |       |
|----|-------------|-----------|--------------|----|-------|
| 1  | Desmond     | Mokgobu   | Boxer        | 26 | 14:41 |
| 2  | Derocious   | Makhobalo | Nedbank      | 26 | 14:59 |
| 3  | Phillimon   | Mathiba   | Elim Clinic  | 22 | 15:23 |
| 4  | Clinton     | Swanepoel | Univ Jhb     | 25 | 15:46 |
| 5  | Kabelo      | Melamu    | Randmark     | 17 | 15:52 |
| 6  | Jonas       | Makhele   | Bidvest      | 33 | 16:02 |
| 7  | Vuyisile    | Tshoba    | Transnet     | 23 | 16:02 |
| 8  | Chamankwana | Mailole   | Nedbank      | 29 | 16:03 |
| 9  | Sipho       | Ncube     | ZIM/Mr Price | 43 | 16:12 |
| 10 | Phumlani    | Nkosi     | TAC          | 23 | 16:12 |

#### **Veterans:**

|   |          |         |              |    |       |
|---|----------|---------|--------------|----|-------|
| 1 | Sipho    | Ncube   | ZIM/Mr Price | 43 | 16:12 |
| 2 | Kenneth  | Baloyi  | Individual   | 40 | 17:10 |
| 3 | Reginald | Ngobese | Individual   | 48 | 17:14 |

#### **Masters:**

|   |         |         |         |    |       |
|---|---------|---------|---------|----|-------|
| 1 | Ephraim | Yende   | Bidvest | 51 | 19:03 |
| 2 | Nel     | Mtswenz | KwaGuqa | 51 | 19:09 |

#### **G'masters:**

|   |        |           |         |    |       |
|---|--------|-----------|---------|----|-------|
| 1 | Daniel | Motshwene | Nedbank | 61 | 21:53 |
|---|--------|-----------|---------|----|-------|

#### **Juniors:**

|   |        |        |          |    |       |
|---|--------|--------|----------|----|-------|
| 1 | Kabelo | Melamu | Randmark | 17 | 15:52 |
|---|--------|--------|----------|----|-------|

#### WOMEN

|   |            |         |                |    |       |
|---|------------|---------|----------------|----|-------|
| 1 | Lebogang   | Phalula | Transnet       | 31 | 17:15 |
| 2 | Diana-Lebo | Phalula | Transnet       | 31 | 17:21 |
| 3 | Keneilwe   | Sesing  | Randmark       | 26 | 18:18 |
| 4 | Simonay    | Weitsz  | New Bal        | 15 | 19:17 |
| 5 | Chane      | Wilson  | Marais Viljoen | 13 | 19:18 |

**Veterans:**

|   |           |          |             |    |       |
|---|-----------|----------|-------------|----|-------|
| 1 | Sarah     | Mahlangu | Toyota      | 48 | 22:04 |
| 2 | Assalina  | Nyathi   | Post Office | 45 | 22:28 |
| 3 | Catherine | Naane    | Sibanye     | 48 | 22:50 |

**Masters:**

|   |         |          |          |    |       |
|---|---------|----------|----------|----|-------|
| 1 | Natalie | Sanders  | Fourways | 56 | 24:08 |
| 2 | Sewele  | Maaponya | Toyota   | 58 | 27:13 |

**G'masters:**

|   |       |        |     |    |       |
|---|-------|--------|-----|----|-------|
| 1 | Sonja | Laxton | RAC | 66 | 25:32 |
|---|-------|--------|-----|----|-------|

**Juniors:**

|   |        |         |            |    |       |
|---|--------|---------|------------|----|-------|
| 1 | Rachel | Leistra | Individual | 17 | 20:54 |
| 2 | Sadie  | Singh   | RAC        | 11 | 32:12 |

**Varsity Kudus 15 km**

Johannesburg, 4 January

(Loop course. Finishers: 2165.)

Note: Yolande Maclean finished 9<sup>th</sup> overall. – Ed.**MEN**

|    |          |            |              |    |       |
|----|----------|------------|--------------|----|-------|
| 1  | Jonas    | Makhele    | Bidvest      | 33 | 52:38 |
| 2  | Danisa   | Mayo       | Maxed Elite  | 29 | 52:40 |
| 3  | Sipho    | Ncube      | ZIM/Mr Price | 43 | 54:03 |
| 4  | Katleho  | Monaheng   | New Bal      | 27 | 54:40 |
| 5  | Greg     | Barnes     | Born 2 Run   | 46 | 54:41 |
| 6  | Lawrence | Chipangaan | Gallopers    | 46 | 54:56 |
| 7  | S.       | Thomas     | Airports     | 32 | 56:08 |
| 8  | George   | Mooi       | Gallopers    | 48 | 57:50 |
| 9  | Grant    | Johnson    | Born 2 Run   | 34 | 58:26 |
| 10 | David    | Ashworth   | Born 2 Run   | 32 | 58:26 |

**Veterans:**

|   |          |            |              |    |       |
|---|----------|------------|--------------|----|-------|
| 1 | Sipho    | Ncube      | ZIM/Mr Price | 43 | 54:03 |
| 2 | Greg     | Barnes     | Born 2 Run   | 46 | 54:41 |
| 3 | Lawrence | Chipangaan | Gallopers    | 46 | 54:56 |

**Masters:**

|   |                |          |             |    |         |
|---|----------------|----------|-------------|----|---------|
| 1 | Thabo          | Mogatusi | Meadowlands | 51 | 1:03:40 |
| 2 | David          | Mokgari  | Gauteng Str | 54 | 1:03:47 |
| 3 | Jabulani David | Gamede   | Boksburg    | 52 | 1:04:16 |

**G'masters:**

|   |        |               |             |    |         |
|---|--------|---------------|-------------|----|---------|
| 1 | John   | Woodnutt      | Morningside | 62 | 1:08:15 |
| 2 | Don    | Charles       | Nedbank AGN | 65 | 1:09:15 |
| 3 | Herman | van der Merwe | Krug RR     | 62 | 1:13:03 |

**WOMEN**

|    |          |           |             |    |         |
|----|----------|-----------|-------------|----|---------|
| 1  | Yolande  | Maclean   | Born 2 Run  | 36 | 57:57   |
| 2  | Tebogo   | Masehla   | Individual  | 35 | 1:02:16 |
| 3  | Seipati  | Peo       | Maxed Elite | 33 | 1:06:18 |
| 4  | Caroline | Wostmann  | Nedbank AGN | 31 | 1:07:04 |
| 5  | Ann      | Ashworth  | Born 2 Run  | 30 | 1:09:19 |
| 6  | Cobie    | Smith     | Individual  | 29 | 1:09:32 |
| 7  | Emmah    | Mathubela | Nedbank AGN | 32 | 1:10:46 |
| 8  | Heather  | Walden    | Born 2 Run  | 41 | 1:10:53 |
| 9  | Natasha  | Malan     | Assegai     | 33 | 1:12:22 |
| 10 | Michelle | Chong     | Std Bank    | 33 | 1:12:39 |

**Veterans:**

|   |          |             |             |    |         |
|---|----------|-------------|-------------|----|---------|
| 1 | Heather  | Walden      | Born 2 Run  | 41 | 1:10:53 |
| 2 | Assalina | Nyathi      | Post Office | 45 | 1:14:47 |
| 3 | Beth     | Libby-Neale | Rand Har    | 46 | 1:17:35 |

**Masters:**

|   |       |               |             |    |         |
|---|-------|---------------|-------------|----|---------|
| 1 | Sarah | Crooks        | Rand Har    | 51 | 1:14:15 |
| 2 | Rita  | van Wyk       | Boksburg    | 51 | 1:17:24 |
| 3 | Frith | van der Merwe | Benoni High | 50 | 1:18:50 |

**G'masters:**

|   |       |        |     |    |         |
|---|-------|--------|-----|----|---------|
| 1 | Sonja | Laxton | RAC | 66 | 1:23:28 |
|---|-------|--------|-----|----|---------|

**City Lodge RAC Tough One 32 km (41<sup>st</sup>) & Asics 5 km Dash**

Johannesburg, 23 November

(Loop courses. Finishers: 32 km – 4584 [down from 4865 the previous year]; 5 km – 607.)

**32 km****MEN**

|     |                |           |                  |    |         |
|-----|----------------|-----------|------------------|----|---------|
| 1   | Leswene        | MAILOLA   | Nedbank AGN      | 29 | 1:47:50 |
| 2   | Pule           | MAEKO     | Diepsloot        | 27 | 1:47:59 |
| 3   | Tshidiso       | BOSIU     | Gaut Striders    | 32 | 1:49:09 |
| 4   | Odwa           | TUNYISWA  | Cool Running     | 30 | 1:49:43 |
| 5   | Morongoa       | RASERUTHE | LES/Cool Running | 33 | 1:50:03 |
| 6   | Don            | NDLOVU    | Cool Running     | 29 | 1:50:42 |
| 7   | Phillimon      | MATHIBA   | Elim             | 22 | 1:51:23 |
| 8   | Charles        | TJIANE    | Maxed Elite      | 40 | 1:51:26 |
| 9   | Edward Kiplimo | CHIRCHIR  | KEN/Nedbank      | 32 | 1:51:56 |
| 10  | Sam            | BOLO      | Bedf CC          | 36 | 1:53:07 |
| 11  | Shadrack       | HOFF      | New Balance      | 41 | 1:53:47 |
| ... |                |           |                  |    |         |
| 20  | Ludwick        | MAMABOLO  | Nedbank          | 37 | 1:58:57 |

**Veterans:**

|   |          |        |             |    |         |
|---|----------|--------|-------------|----|---------|
| 1 | Charles  | TJIANE | Maxed Elite | 40 | 1:51:26 |
| 2 | Shadrack | HOFF   | New Balance | 41 | 1:53:47 |
| 3 | Jautanus | GANTSI | Mr Price    | 41 | 1:56:30 |

**Masters:**

|   |         |           |          |    |         |
|---|---------|-----------|----------|----|---------|
| 1 | Kemmone | MAKETE    | Eskom    | 53 | 2:06:03 |
| 2 | Reform  | NDLOVU    | Rand Har | 52 | 2:09:19 |
| 3 | Ndumdu  | MZIKAYISE | ABI      | 50 | 2:13:57 |

**G'masters:**

|   |        |        |              |    |         |
|---|--------|--------|--------------|----|---------|
| 1 | Ernest | TJELA  | Emfuleni     | 60 | 2:25:45 |
| 2 | Almon  | ZIBUSE | Randmark     | 62 | 2:29:44 |
| 3 | Lesley | IVINGS | Carlton Harr | 62 | 2:31:00 |

**WOMEN**

|    |            |          |                 |    |         |
|----|------------|----------|-----------------|----|---------|
| 1  | Yolande    | MACLEAN  | Individual      | 36 | 2:05:41 |
| 2  | Jennifer   | KOECH    | KEN/Nedbank KZN | 35 | 2:10:52 |
| 3  | Kim        | LAXTON   | RAC             | 32 | 2:13:59 |
| 4  | Mpho       | MABUZA   | Gallopers       | 24 | 2:14:24 |
| 5  | Lindy-Lee  | FÖLSCHER | Boksburg        | 33 | 2:19:17 |
| 6  | Adronica   | MOKGOTLA | Toyota          | 25 | 2:21:58 |
| 7  | Ashley     | NKWALE   | Individual      | 26 | 2:23:01 |
| 8  | Julanie    | BASSON   | Toyota          | 39 | 2:24:19 |
| 9  | Kesoketswe | LECHABA  | LES/Elim        | 33 | 2:24:28 |
| 10 | Judith     | PEO      | Mr Price        | 33 | 2:26:29 |

**Veterans:**

|   |           |         |          |    |         |
|---|-----------|---------|----------|----|---------|
| 1 | Paula     | QUINSEE | Born2Run | 42 | 2:28:11 |
| 2 | Lesley    | TRAIN   | Nedbank  | 40 | 2:30:47 |
| 3 | Nomsaonto | SKOSANA | Nedbank  | 43 | 2:37:15 |

**Masters:**

|   |        |        |             |    |         |
|---|--------|--------|-------------|----|---------|
| 1 | Debbie | SLATER | Florida     | 50 | 2:46:57 |
| 2 | Connie | BLOM   | New Balance | 53 | 2:49:27 |
| 3 | Josie  | LEONG  | Discovery   | 52 | 2:49:58 |

**G'masters:**

|   |          |          |             |    |         |
|---|----------|----------|-------------|----|---------|
| 1 | Liz      | RUICKBIE | Nedbank     | 64 | 2:57:05 |
| 2 | Kimberly | HALTON   | Morningside | 68 | 2:57:34 |

**5 km****MEN**

|   |          |               |                  |    |       |
|---|----------|---------------|------------------|----|-------|
| 1 | Namakoe  | Nkhasi        | LES/Cool Running | 21 | 14:43 |
| 2 | Givemore | Mudzinganyama | ZIM/Cool Running | 24 | 15:26 |
| 3 | Simon    | Mpholo        | Nedbank          | 40 | 15:47 |
| 4 | Njabulo  | Tashabalala   | Itumeleng        | 19 | 15:55 |
| 5 | Magwai   | Reghen        | Tembisa          | 22 | 16:00 |

**WOMEN**

|   |          |               |                  |    |       |
|---|----------|---------------|------------------|----|-------|
| 1 | Liziwe   | Mabona        | Art of Running   | 26 | 18:35 |
| 2 | Yasheen  | Bupwanipersao | Nedbank AGN      | 16 | 19:23 |
| 3 | Goodness | Lichaba       | Gauteng Striders | 21 | 19:54 |
| 4 | Thuli    | Mbatha        | Katlehong        | 40 | 20:46 |
| 5 | Letsau   | Rethabile     | Ubuhle           | 16 | 21:02 |

**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****Osaka International Women's Marathon (34th) & Half Marathon**

(IAAF Silver Label Road Race)

Osaka, JPN, 25 January

(Distances: 42.195 km, certified out-and-back course, and 21.1 km)

**Marathon** (gun times)**WOMEN**

|    |                              |            |
|----|------------------------------|------------|
| 1. | Tetyana Gamera-Shmyrko, UKR  | 2:22:09 NR |
|    | [1:11:15 / 1:10:54]          |            |
| 2. | Jelena Prokopcuka, 1976, LAT | 2:24:07    |
|    | [1:12:22 / 1:11:45]          |            |
| 3. | Risa Shigetomo, JPN          | 2:26:39    |
|    | [1:11:15 / 1:15:24]          |            |
| 4. | Yuko Watanabe, JPN           | 2:28:36    |
| 5. | Chieko Kido, JPN             | 2:29:08 DB |

**Half Marathon** (gun times)**MEN**

|    |                   |         |
|----|-------------------|---------|
| 1. | Takaaki Koda      | 1:04:02 |
| 2. | Kenichi Shiraishi | 1:04:06 |
| 3. | Shusei Ohashi     | 1:04:16 |

## WOMEN

1. Selly Kaptich Chepyego, KEN 1:09:43 CR
2. Misaki Kato 1:09:49 PB
3. Ai Inoue 1:12:26 PB
4. Saki Tabita 1:12:39 PB
5. Madoka Nakano 1:12:49 PB

**Standard Chartered Hong Kong Marathon (19th)**

(Asian Marathon Championships)

Hong Kong, HKG, 25 January

(Distance: 42.195 km)

## MEN (gun times)

1. Sentayehu Merga Ejigu, 1985, ETH 2:13:00 USD 65,000
2. Fikre Assefa Robi, 1985, ETH 2:13:05 30,000
3. Robert Kipchumba, 1984, KEN 2:13:07 15,000
4. Julius Kiplimo Maisei, 1985, KEN 2:13:13 10,000
5. Abdisa Sori Bedada, ETH 2:13:16 6,000

## WOMEN (gun times)

1. Kim Hye Gyong, 1993, PRK 2:31:46 USD 65,000
2. Meskerem Assefa, 1985, ETH 2:33:57 30,000
3. Tsehay Desalegn Adhana, 1991, ETH 2:34:06 15,000
4. Letebrhan Gebreslasea, 1990, ETH 2:34:11 10,000
5. Rael Kiyara Nguriatukei, 1984, KEN 2:34:22 6,000

**Standard Chartered Dubai Marathon (16th)**

Dubai, UAE, 23 January

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

## MEN (gun times)

1. Lemi Berhanu Hayle, 1994, ETH 2:05:28 PB USD 200,000
2. Lelisa Desisa Benti, ETH 2:05:52 80,000
3. Deribe Robi Melka, ETH 2:06:06 PB 40,000
4. Feysa Lelisa Gemechu, ETH 2:06:35 20,000
5. Sisay Lemma Kasaye, ETH 2:07:06 PB 12,000
6. Bazu Worku Hayla, ETH 2:07:09 11,200
7. Chele Dechase Beyene, ETH 2:08:11 10,400
8. Girmay Birhanu Gebru, ETH 2:08:56 PB 9,600
9. Adugna Takele Bikila, ETH 2:09:39 8,800
10. Andualem Belay Shiferaw, ETH 2:09:59 PB 8,000
- ... 27. Lukas Jani, RSA 2:17:37 PB

## WOMEN

1. Aselefech Mergia, ETH 2:20:02 USD 200,000
2. Gladys Cherono, KEN 2:20:03 DB 80,000
3. Lucy Kabuu, KEN 2:20:21 40,000
4. Shure Demissie Ware, 1996, ETH 2:20:59 WJR 20,000
5. Aberu Kebede Shewaye, ETH 2:21:17 12,000
6. Mulu Seboka Seyfu, ETH 2:21:56 PB 11,200
7. Tadelech Bekele Alemu, ETH 2:22:51 PB 10,400
8. Aleksandra Duliba, BLR 2:23:06 9,600
9. Abebech Afework Bekele, ETH 2:23:33 PB 8,800
10. Ashete Bekere Dido, ETH 2:23:43 PB 8,000

**Chevron Houston Marathon (43rd) & Aramco Half Marathon (14th)**

Houston, USA, 18 January

(Distances: 42.195 km &amp; 21.1 km; both certified, loop courses with no net elevation change)

**USA Half-marathon Championships (gun times)**

MEN

1. Diego Estrada, 25, AZ 1:00:51 DB 12,000 + 1,250i
2. Jared Ward, 26, UT 1:01:42 PB 10,000 + 1,000i
3. Girma Mecheso, 26, PA 1:02:16 DB 7,000 + 750i
4. Meb Keflezighi, 39, CA 1:02:18 5,000 + 750i
5. Matt Llano, 26, AZ 1:02:22 3,000 + 750i

i) Earned time incentive bonus

WOMEN

1. Kim Conley, 28, CA 1:09:44 PB 12,000 + 1,250i
2. Brianne Nelson, 34, CO 1:10:16 PB 10,000 + 1,000i
3. Janet Bawcom, 36, AZ 1:10:46 7,000 + 1,000i
4. Sara Hall, 31, AZ 1:10:50 PB 5,000 + 1,000i
5. Annie Bersagel, 31 1:10:58 3,000 + 1,000i

i) Earned time incentive

**Open Half Marathon (gun times)**Note: Prize money was limited to local invited runners who had to demonstrate permanent residence in one of 19 counties surrounding Houston. – Ed.

MEN

1. Lane Boyer, 25, TX 1:08:52 \$250
2. Roberto Moratilla, 36, ESP 1:09:33
3. Maximo Mendoza, 25, USA 1:10:19 150

WOMEN

1. Angela Spadafino, 27, TX 1:16:20 PB \$250
2. Megan Saloom, 26, TX 1:17:20 PB 150
3. Colleen De Reuck, 50, CO 1:17:57 1,000m

m) Earned masters prize money

**Marathon (gun times)**

MEN

1. Birhanu Gedefa, 30, ETH 2:08:03 PB \$40,000
2. Gebo Burka, 27, ETH 2:08:12 PB 20,000
3. Debebe Tolossa, 34, ETH 2:09:07 10,000
4. Dominic Ondoro, 26, KEN 2:09:40 6,000
5. Silah Limo, 22, KEN 2:10:37 4,000

WOMEN

1. Yebregual Arage, 24, ETH 2:23:23 PB \$40,000
2. Guteni Shone, 23, ETH 2:23:32 PB 20,000
3. Biruktait Degefa Eshetu, 24, ETH 2:23:51 PB 10,000
4. Sechale Delasa, 23, ETH 2:27:12 6,000
5. Fatuma Sado, 23, ETH 2:28:27 4,000

**Standard Chartered Mumbai Marathon (12th)**

Mumbai, IND, 18 January  
(Distance: 42.195 km)

## MEN (gun times)

|                        |         |            |
|------------------------|---------|------------|
| 1. Tesfaye Abera (ETH) | 2:09:46 | USD 41,000 |
| 2. Dereje Debele (ETH) | 2:10:31 | 21,000     |
| 3. Luke Kibet (KEN)    | 2:10:57 | 15,000     |
| 4. Michael Mutai (KEN) | 2:14:31 | 10,000     |
| 5. Peter Kosgei (KEN)  | 2:14:38 | 8,000      |

## WOMEN

|                          |         |            |
|--------------------------|---------|------------|
| 1. Dinknesh Mekash (ETH) | 2:30:00 | USD 41,000 |
| 2. Kumeshi Sichala (ETH) | 2:30:56 | 21,000     |
| 3. Marta Megra (ETH)     | 2:31:45 | 15,000     |
| 4. Rorisa Bacha (ETH)    | 2:31:46 | 10,000     |
| 5. Hamila Hussen (ETH)   | 2:35:36 | 8,000      |

**Mitja Marato Internacional Vila de Santa Pola (26th)**

Santa Pola (Alicante), ESP, 18 January  
(Distance: 21.1 km)

## MEN (gun times)

|                                 |         |       |               |
|---------------------------------|---------|-------|---------------|
| 1. Vincent Yator, KEN           | 1:00:15 | CR/PB | € 600 + 5000c |
| 2. Justus Kipkogei Kangogo, KEN | 1:01:22 |       | 400           |
| 3. John Kipkorir Mutai, KEN     | 1:03:04 |       | 300           |

## c) Earned Course Record Bonus

## WOMEN (gun times) -

|                               |         |       |
|-------------------------------|---------|-------|
| 1. Georgina Rono, KEN         | 1:11:02 | € 600 |
| 2. Ednah Kimaiyo, KEN         | 1:11:59 | 400   |
| 3. Anastasia Kushnirenko, ??? | 1:16:56 | 300   |

**CROSS-COUNTRY****Cross Internacional de Itálica (33rd)**

Seville, ESP, 18 January

## MEN (10.8 km):

|  |
|--|
| 1. Teklemariam MEDHIN, 1989, ERI, 32:28      |
| 2. Jairus KIPCHOGE BIRECH, 1992, KEN, 32:37  |
| 3. Timothy TOROITICH, 1991, UGA, 32:49       |
| 4. Paul TANUI, 1990, KEN, 33:01              |
| 5. Joshua Kiprui CHEPTEGEI, 1996, UGA, 33:10 |

## WOMEN (8.1 km):

|  |
|--|
| 1. Emily CHEBET MUGE, 1986, KEN, 27:15 |
| 2. Mercy CHERONO, 1991, KEN, 27:35     |
| 3. Mimi BELETE, 1987, BRN, 27:39       |
| 4. Magdalene MASAI, 1993, KEN, 28:19   |
| 5. Trihas GEBRE, 1990, ESP, 28:56      |

**INDOOR TRACK****University of Kentucky Rod McCravy Memorial Meet**

Lexington, USA, 23-24 January

**WOMEN**

Mile (24):

Heat 1 -

- |                    |                   |         |       |
|--------------------|-------------------|---------|-------|
| 1. Dominique Scott | SR Arkansas (RSA) | 4:32.48 | FR/MR |
| 2. Colleen Quigley | SR FL State       | 4:39.33 |       |
| 3. Nikki Hiltz     | FR Oregon         | 4:39.38 |       |

Distance Medley Relay (23):

- |                           |                              |
|---------------------------|------------------------------|
| 1. Arkansas 'A'           | 11:02.80                     |
| 1) Diane Robison, SR      | 2) Sparkle McKnight, SR      |
| 3) Chrishuna Williams, SR | 4) Dominique Scott, SR (RSA) |
| 2. Florida 'A'            | 11:08.19                     |
| 3. Baylor 'A'             | 11:09.35                     |

**University of Washington Indoor Preview**

Seattle, USA, 17 January

**MEN**

800:

Section 4 -

- |                     |                 |         |
|---------------------|-----------------|---------|
| 1. Evan Jager       | Bowerman TC Pro | 1:50.13 |
| 2. Andy Bayer       | Bowerman TC Pro | 1:52.78 |
| 3. Nathaniel Kucera | Stanford        | 1:54.14 |

1000:

Section 2 -

- |                       |                     |         |       |
|-----------------------|---------------------|---------|-------|
| 1. Matthew Centrowitz | Nike Oregon Project | 2:19.53 | MR/PB |
| 2. Evan Jager         | Bowerman TC Pro     | 2:20.39 | PB    |
| 3. Daniel Guerrero    | Big Bear Track Club | 2:22.41 | PB    |

Mile:

Section 4 -

- |                       |                        |         |    |
|-----------------------|------------------------|---------|----|
| 1. Matthew Centrowitz | Nike Oregon Project    | 3:58.60 |    |
| 2. Cam Levins         | Nike Oregon Proj.(CAN) | 3:58.75 |    |
| 3. Sean McGorty       | Stanford               | 3:59.34 | PB |

**WOMEN**

800:

Section 3 -

- |                     |                     |         |    |
|---------------------|---------------------|---------|----|
| 1. Mary Cain (1996) | Nike Oregon Project | 2:07.21 | PB |
| 2. McKayla Fricker  | Athletics NW        | 2:08.63 |    |
| 3. Anna Connor      | Bowerman TC         | 2:11.57 |    |

1000:

Section 2 -

- |                    |                     |         |       |
|--------------------|---------------------|---------|-------|
| 1. Shannon Rowbury | Nike Oregon Project | 2:40.25 | PB/MR |
| 2. Jordan Hasay    | Nike Oregon Project | 2:41.08 |       |
| 3. Treniere Moser  | Nike Oregon Project | 2:41.50 |       |
| 4. Elise Cranny    | Stanford            | 2:42.39 | PB    |

Mile:

Section 4 -

- |                    |                     |         |          |
|--------------------|---------------------|---------|----------|
| 1. Shannon Rowbury | Nike Oregon Project | 4:27.86 | FR/MR/PB |
| 2. Jordan Hasay    | Nike Oregon Project | 4:28.73 |          |
| 3. Treniere Moser  | Nike Oregon Project | 4:35.15 |          |

### Open Meeting

Reykjavik, ISL, 17 January

WOMEN

800:

1. Aníta Hinriksdóttir, 1996, ISL, 2:02.88 WL
2. Victoria Sauleda, ESP, 2:05.29

### NYC Gotham Cup

New York, USA, 16 January

WOMEN

500:

1. Ajee' Wilson, adidas, 1:10.27 PB
2. Sophie Smellie, Unattached (JAM), 1:10.54
3. Kimarra McDonald, Juventus Eli, 1:11.13

### Virginia Tech Invitational

Blacksburg, USA, 16-17 January

WOMEN

800 (17):

1. Heather Selheimer, SR, George Mason, 2:16.45
2. Fanta Fofana, JR, St. Augustine's, 2:17.92
3. Anna Todd, JR, South Carolina, 2:18.43
- ... 5. Aynslee van Graan, SO, Coastal Carolina (RSA), 2:20.92

Mile (16):

1. Hanna Green, Unattached, 4:56.11
2. Sarah Rapp, SR, Virginia Tech, 4:57.17
3. Meghan Rebholz, FR, Virginia, 4:58.24
- ... 5. Aynslee van Graan, SO, Coastal Carolina (RSA), 5:05.38

3000 (16):

1. Grace Barnett, FR, Clemson, 9:56.79
2. Letitia Saayman, SR, Coastal Carolina (RSA), 10:01.14
3. Kyla van Graan, JR, Coastal Carolina (RSA), 10:03.16

### Arkansas vs Texas Duel

Fayetteville, USA, 16 January

WOMEN

800:

1. Dominique Scott, Arkansas (RSA), 2:07.53
  2. Therese Haiss, Arkansas, 2:13.81
  3. Annika Sisson, Arkansas, 2:16.20
-

## NEWS

### COMRADES ROUTE CHANGE ON THE CARDS

Road works in Pinetown have forced the Comrades Marathon Association (CMA) to consider "a marginal change" in the race route for the 90<sup>th</sup> Comrades Marathon, to be held on Sunday, 31 May. This year's race will be an "up" run from Durban to Pietermaritzburg.

CMA Race Director Rowyn James has explained that the change is due to the GO!Durban Integrated Rapid Public Transport Network road works in Josiah Gumede Road (Old Main Road).

"The eThekweni Municipality and its contractors had met with CMA representatives prior to the 2014 Comrades Marathon to discuss any potential disruptions that such construction would have on the Comrades Marathon race route. The CMA has therefore decided to consider amending the route accordingly and will communicate the final outcome to our runners and other stakeholders in due course," James said.

"We will be looking at how best we can re-route the Pinetown section with minimal impact to the athletes.

"We will be holding further discussions with the Municipality to start finalising plans but these plans are also determined by construction progress, so we will only be able to release any developments in this regard closer to the time. After all, the safety of our runners is of paramount importance; hence the possible route deviation," James said.

More than 22 000 runners have signed up for this year's race, the CMA announced.

### APRIL TAKES ON MEB, MAKAU AND STRONG FIELD IN BOSTON

Reigning Boston Marathon champion Meb Keflezighi of San Diego will need to beat former world record holder Patrick Makau of Kenya and 2013 Boston Marathon champion Lelisa Desisa of Ethiopia if he wants to hold on to his title. Makau and Desisa are just two of the 36-strong elite field announced by John Hancock Financial, the financial services company which funds the professional division of America's oldest marathon which will celebrate its 119th running on Monday, 20 April, reports *Race Results Weekly*.

Makau, 29, who ran a world record 2:03:38 in at the BMW Berlin Marathon in 2011, has rallied back from two off-years where he was plagued by injury, winning the Fukuoka Marathon last December in 2:08:22. Desisa, 25, who won the 2014 Dubai Marathon in a personal best 2:04:45, then took the 2013 Boston Marathon just hours before the terrorist bombings at the finish line. He also won the silver medal at the IAAF World Championships Marathon later that year. Like Makau, he finished last year on a high note, taking second at the TCS New York City Marathon.

South Africa's Lusapho April, who was third in the 2013 TCS New York City Marathon and won the Hannover Marathon the same year, is in the field as well.

Also looking to take down Keflezighi (again) will be Kenya's Wilson Chebet, 29. The 2014 Honolulu Marathon champion tried mightily to catch Keflezighi last year in Boston, but had to settle for second. He has a career best time of 2:05:27.

Other Kenyans recruited for Boston include two-time world champion Abel Kirui (2:05:04 PB), 2013 Dong-A Seoul Marathon winner Frankline Chepkwony (2:06:11), 2012 Boston Marathon champion Wesley Korir (2:06:13), and 2014 TCS Amsterdam Marathon winner Bernard Kipyego (2:06:22).

The men's squad from Ethiopia is also formidable. Besides Desisa, 2013 World Championships Marathon bronze medalist Tadese Tola (2:04:49 PB) will be competing, along with 2010 TCS New York City Marathon winner Gebre Gebremariam (2:04:53) and 2012 Rotterdam Marathon champion Yemane Tsegay (2:04:48).

Six-time world half-marathon/road running champion Zersenay Tadese of Eritrea (2:10:41) is also in the field.

The women's field is led by last year's runner-up, Buzunesh Deba (2:19:59 PB), an Ethiopian who lives in New York City. This year's Xiamen Marathon winner Mare Dibaba (2:19:52 PB), 2012 BMW Berlin Marathon champion Aberu Kebede (2:20:30), all-purpose

road racer Mamitu Daska (2:21:59), and 2004 Olympic silver medalist Ejegayehu Dibaba (2:22:09) make up the rest of the Ethiopian squad.

Sharon Cherop (2:22:28), Caroline Kilel (2:22:34), Caroline Rotich (2:23:22), Joyce Chepkirui (2:30:23) and Cynthia Limo (debut) are the top women from Kenya entered. Both Cherop (2012) and Kilel (2011) are previous Boston champions.

The race also boasts three strong athletes from Europe, led by Aleksandra Duliba of Belarus (2:21:29), who finished sixth at Boston last year. Croatia's Lisa Nemec (2:25:44) was fourth at last summer's European Championships, and Portugal's Marisa Barros (2:25:04) won the 2009 Sevilla Marathon.

The complete elite field of the 2015 Boston Marathon:

#### MEN

Patrick Makau, 2:03:38 (Berlin, 2011), Kenya; Lelisa Desisa, 2:04:45 (Dubai, 2013), Ethiopia; Yemane Tsegay, 2:04:48 (Rotterdam, 2012), Ethiopia; Tadese Tola, 2:04:49 (Dubai, 2013), Ethiopia; Gebregziabher Gebremariam, 2:04:53 (Boston, 2011), Ethiopia; Abel Kirui, 2:05:04 (Rotterdam, 2009), Kenya; Wilson Chebet, 2:05:27 (Rotterdam, 2011), Kenya; Frankline Chepkwony, 2:06:11 (Eindhoven, 2012), Kenya; Wesley Korir, 2:06:13 (Chicago, 2012), Kenya; Bernard Kipyego, 2:06:22 (Amsterdam, 2014), Kenya; Abderrahime Bouramdane, 2:07:33 (London, 2010), Morocco; Dathan Ritzenhein, 2:07:47 (Chicago, 2012), USA; Lusapho April, 2:08:32 (Hannover, 2013), South Africa; Meb Keflezighi, 2:08:37 (Boston, 2014), USA; Vitaliy Shafar, 2:09:37 (Boston, 2014), Ukraine; Zersenay Tadese, 2:10:41 (London, 2012), Eritrea; Dylan Wykes, 2:10:47 (Rotterdam, 2012), Canada; Jeffrey Eggleston, 2:10:52 (Gold Coast, 2014), USA; Nicholas Arciniaga, 2:11:30 (Houston, 2011), USA; Fernando Cabada, 2:11:36 (Berlin, 2014), USA;

#### WOMEN

Mare Dibaba, 2:19:52 (Xiamen, 2015), Ethiopia; Buzunesh Deba, 2:19:59 (Boston, 2014), Ethiopia; Aberu Kebede, 2:20:30 (Berlin, 2012), Ethiopia; Shalane Flanagan, 2:21:14 (Berlin, 2014), USA; Aleksandra Duliba, 2:21:29 (Boston, 2014), Belarus; Mamitu Daska, 2:21:59 (Frankfurt, 2011), Ethiopia; Ejegayehu Dibaba, 2:22:09 (Chicago, 2011), Ethiopia; Sharon Cherop, 2:22:28 (Berlin, 2013), Kenya; Caroline Kilel, 2:22:34 (Frankfurt, 2013), Kenya; Desiree Davila Linden, 2:22:38 (Boston, 2011), USA; Caroline Rotich, 2:23:22 (Chicago, 2012), Kenya; Marisa Barros, 2:25:04 (Yokohama, 2011), Portugal; Lisa Stublic Nemec, 2:25:44 (Zurich, 2013), Croatia; Amy Hastings, 2:27:03 (Chicago, 2014), USA; Joyce Chepkirui, 2:30:23 (Honolulu, 2014), Kenya; Cynthia Limo, debut, Kenya;

## OBITUARIES

### FORMER STELLENBOSCH MARATHON CHAMP ROBIN BREakey PASSES AWAY

One of the top distance runners in Western Province in the late fifties and sixties, Robin Breakey, who also later made his mark as an administrator, passed away on 18 January. He was 75. Breakey won the WP titles in the 880 yards and 1 mile in 1959. In the latter year he clocked his best mile time, 4:24.2, and in 1960 he ran 6 miles in 32:06.8. Nine years later he won the Stellenbosch Marathon in 2:31:08.2, beating Basil Scordillis and defending champion Wilf Thring. In what was described by the well-known reporter Charlie Savage as "unique in WP marathon history" runners from Celtic Harriers filled the first five positions. Savage called Breakey's run and win by almost four minutes "the culmination of 12 long years of dedicated training".

Breakey finished fifth in the Peninsula Marathon three times and once was fourth (1976).

Breakey, who at one stage was cross-country champion of Celtics, later was one of the founder members of Atlantic Athletic Club.

## IRISH DISTANCE STAR JIM HOGAN DIES AT 81

*Athletics International* reports that James Joseph "Jim" Hogan (Ireland/UK) (b. 25 May 1933 in Croom, Limerick, né Cregan) died on 10 January in Limerick, Ireland, at the age of 81. Remembered with great affection by so many, he had his greatest successes in 1966, the first of three years in which he competed for Britain internationally, as after running his PB of 2:19:27 for second in the Poly/AAA Marathon he won the European Marathon in his usual front-running style in 2:20:04.6 and two months later set a world record for 30000 m on the track with 1:32:25.4. At the time he worked as a groundsman at Chiswick at the grounds of his club, Polytechnic Harriers. He was 27th at 10000 m at the 1968 Olympic Games. Earlier he had represented Ireland at the 1962 Europeans (5000 m ht and 10000 m) and 1964 Olympics (10000 m and marathon), but failing to finish in each of those races.

In the Tokyo Olympic Marathon he led with Ron Clarke and Abebe Bikila at 15 km, and stayed in second to Bikila to 35 km, but had to give up at that point. Other PBs: 3000 m 8:14.0 (1967), 2 miles 8:43.6 (1965), 3 miles 13:19.6 (1965), 5000 m 13:57.0 (1966), 6 miles 27:32.74 (1968), 10000 m 28:49.66 (1965), 15000 m 45:26.4 (1966), 10 miles 49:09.0 (1961), 1 hour 19 737 m (1966), 20000 m 60:49.6 (1966), 25000 m 1:16:35.4 (1966).

## STATS TIME

Tanith Maxwell ran one of her best races of recent years in the Ocean Basket Bay to Bay 30 km three weeks ago, clocking the sixth fastest time ever (she was one second short of getting the fifth fastest time). This week we include a list of the top ten women on the all-time list for 30 km. Secondary performances by the top three are also listed. Monica Drögemöller, the only woman to win the Two Oceans three times in a row, not only holds the SA record, but has seven times on the list.

### 30 KM: ALL-TIME TOP 10 WOMEN

|         |                    |           |           |
|---------|--------------------|-----------|-----------|
| 1:53:01 | Monica Drögemöller | Cape Town | 17 Jan 87 |
| 1:53:40 | Drögemöller-2      | Cape Town | 03 May 86 |
| 1:55:08 | Evelina Tshabalala | Milnerton | 13 May 89 |
| 1:55:53 | Drögemöller-3      | Milnerton | 31 Mar 90 |
| 1:56:31 | Drögemöller-4      | Cape Town | 11 Jan 86 |
| 1:56:32 | Tanith Maxwell     | Cape Town | 04 Jan 15 |
| 1:57:08 | Liz Eglington      | Milnerton | 13 May 89 |
| 1:57:43 | Jowaine Parrott    | Cape Town | 15 Jan 94 |
| 1:57:54 | Drögemöller-5      | Parow     | 08 Feb 92 |
| 1:58:07 | Drögemöller-6      | Cape Town | 06 Feb 88 |
| 1:58:12 | Kim Laxton         | Parow     | 16 Mar 13 |
| 1:58:42 | Rita Toto          | Cape Town | 10 Jan 98 |
| 1:58:48 | Jean Rayner        | Milnerton | 16 Mar 90 |
| 1:58:57 | Farwa Mentoor      | Cape Town | 12 Jan 02 |
| 1:59:05 | Drögemöller-7      | Parow     | 15 Mar 86 |
| 1:59:06 | Esme Koopman       | Cape Town | 12 Jan 02 |

## THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

### 27 years ago: 23 January 1988

Fast half marathons in January are rare. The fastest time ever in the first month of the

year came on this day in Cape Town when Matthews Temane won the Momentum Life Half Marathon in a blistering 61:14 after an exciting battle with Zithulele Sinqe and Xolile Yawa. Sinqe finished just two seconds back, with Yawa crossing the finish line another four seconds in arrears. These were the three fastest times of the year in South Africa, and the following three athletes, Simon Madibeng (61:27), Willie Mtolo (62:19) and Jan Tau (62:22), took the next three positions on the 1988 performers list – an amazing race. Temane's time is still the joint 34th best on the all-time list, and the third fastest performance ever in the Mother City.

## SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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    | 28:00    | Stephen Mokoka                   | Benoni         | 25 Jan |
|          | 28:59    | Rui-Pedro Silva (POR)            |                |        |
|          | 26:44    | Leonard Patrick Komon (KEN) 2010 |                |        |
| 15 km    | 47:04    | Melikhaya Frans                  | Port Elizabeth | 17 Jan |
|          | 41:13    | Leonard Patrick Komon (KEN) 2010 |                |        |
| 21.1 km  | 64:46    | Desmond Mokgobu                  | Benoni         | 25 Jan |
|          | 60:15    | Vincent Yator Kipsegechi (KEN)   |                |        |
|          | 58:23    | Zersenay Tadese (ERI) 2010       |                |        |
| 25 km    | 80:54A   | Sipho Mbanjuli                   | Pinetown       | 25 Jan |
|          | 71:50    | Sammy Kosgei (KEN) 2010          |                |        |
|          | 71:18p   | Dennis Kipruto Kimetto (KEN)     |                |        |
| 30 km    | 1:37:54  | Duane Fortuin                    | Camps Bay      | 04 Jan |
|          | 87:49**  | Haile Gebrselassie (ETH) 2009    |                |        |
| Marathon | 2:22:54  | Tshidiso Bosiu                   | Benoni         | 25 Jan |
|          | 2:06:19  | Moses Mosop Cheruiyot (KEN)      |                |        |
|          | 2:03:38  | Patrick Makau (KEN) 2011         |                |        |
|          | 2:03:23p | Wilson Kipsang (KEN) 2013        |                |        |
| 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   | 30:20   | Simon Mpholo  | Benoni         | 25 Jan |
|         | 28:51   | Paulo Catarino (POR) 2003                             |                |        |
| 15 km   | 52:57   | Zolile Mhlahlo  | Port Elizabeth | 17 Jan |
|         | 44:14   | Pierre Levisse (FRA) 1992                             |                |        |
| 21.1 km | 77:23   | Simon Segau   | Benoni         | 25 Jan |
|         | 62:28   | John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996 |                |        |
| 25 km   | 96:50A  | Samson Mnyango  | Pinetown       | 25 Jan |
|         | 76:49   | Martin Mondragon (MEX) 1994                           |                |        |
| 30 km   | 1:52:57 | Xolile Macanda  | Camps Bay      | 04 Jan |
|         | 1:35:28 | Geraldo Antonio da Silva (BRA) 2002                   |                |        |

|                           |          |                            |                |        |
|---------------------------|----------|----------------------------|----------------|--------|
| Marathon                  | 2:24:58  | Charles Tjiane             | Benoni         | 25 Jan |
|                           | 2:08:46  | Andres Espinosa (MEX) 2003 |                |        |
| 100 km                    | 6:18:24  | Mario Ardemagni (ITA) 2004 |                |        |
| <u>Masters (50+)</u>      |          |                            |                |        |
| 10 km                     | 36:39    | Themba Phulu               | Benoni         | 25 Jan |
|                           | 30:35    | Tecwyn Davies (GBR) 1988   |                |        |
| 15 km                     | 54:13    | Desmond Zibi               | Port Elizabeth | 17 Jan |
|                           | 47:52    | Titus Mamabolo (RSA) 1991  |                |        |
| 21.1 km                   | 78:37    | Daniel Mothibe             | Benoni         | 25 Jan |
|                           | 66:42    | Martin Rees (GBR) 2003     |                |        |
| 25 km                     | 1:44:28A | Nicolas Dlamini            | Pinetown       | 25 Jan |
| 30 km                     | 1:53:00  | Eric Coetzee               | Camps Bay      | 04 Jan |
| Marathon                  | 2:57:26  | David Gamede               | Benoni         | 25 Jan |
|                           | 2:19:29  | Titus Mamabolo (RSA) 1991  |                |        |
| 100 km                    |          |                            |                |        |
| <u>Grandmasters (60+)</u> |          |                            |                |        |
| 10 km                     | 40:29    | Willie Maisela             | Benoni         | 25 Jan |
| 15 km                     | 63:01    | Muhammad Kriel             | Constantia     | 10 Jan |
| 21.1 km                   | 94:47    | John Woodnutt              | Pretoria       | 24 Jan |
| 25 km                     | 2:04:18A | Boysie van Staden          | Pinetown       | 25 Jan |
| 30 km                     | 2:11:13  | Muhammad Kriel             | Camps Bay      | 04 Jan |
| Marathon                  | 3:22:18  | Les Ivings                 | Benoni         | 25 Jan |
| 100 km                    |          |                            |                |        |
| <u>Juniors</u>            |          |                            |                |        |
| 10 km                     | 30:19    | Kabelo Melamu              | Benoni         | 25 Jan |
|                           | 27:52    | Richard Chelimo (KEN) 1990 |                |        |
| 15 km                     | 52:39    | Lukhanyo Nobakada          | Constantia     | 10 Jan |
|                           | 42:25    | Moses Mosop (KEN) 2004     |                |        |
| 21.1 km                   | 80:43    | Mathews Shadung            | Pretoria       | 17 Jan |
|                           | 59:16    | Samuel Wanjiru (KEN) 2005  |                |        |
| <b>WOMEN</b>              |          |                            |                |        |
| <u>Open</u>               |          |                            |                |        |
| 10 km                     | 33:06    | Lebo Phalula               | Benoni         | 25 Jan |
|                           | 31:25    | Ana-Dulce Felix (POR)      |                |        |
|                           | 30:21    | Paula Radcliffe (GBR) 2003 |                |        |
| 15 km                     | 55:53    | Annie Bothma               | Durbanville    | 21 Jan |
|                           | 46:28    | Tirunesh Dibaba (ETH) 2009 |                |        |
| 21.1 km                   | 74:48    | Irvette van Zyl            | Benoni         | 25 Jan |
|                           | 69:44    | Kimberly Conley (USA)      |                |        |
|                           | 65:50    | Mary Keitany (KEN) 2011    |                |        |
| 25 km                     | 1:42:12A | Suzette Botha (vet)        | Pinetown       | 25 Jan |
|                           | 79:53    | Mary Keitany (KEN) 2010    |                |        |
| 30 km                     | 1:56:32  | Tanith Maxwell             | Camps Bay      | 04 Jan |
|                           | 1:38:49  | Mizuki Noguchi (JPN) 2005  |                |        |
| Marathon                  | 2:39:45  | Tanith Maxwell             | Gran Canaria   | 25 Jan |
|                           | 2:19:52  | Mare Dibaba Hurssa (ETH)   |                |        |
|                           | 2:15:25  | Paula Radcliffe (GBR) 2003 |                |        |
| 100 km                    | 6:33:11  | Tomoe Abe (JPN) 2000       |                |        |

Veterans (40+)

|          |          |                            |             |        |
|----------|----------|----------------------------|-------------|--------|
| 10 km    | 40:09    | Thuli Mbatha               | Benoni      | 25 Jan |
|          | 32:14    | Priscilla Welch (GBR) 1985 |             |        |
| 15 km    | 61:36    | Ulrica Stander             | Durbanville | 21 Jan |
|          | 60:02A   | Ulrica Stander             | Camps Bay   | 04 Jan |
|          | 49:35    | Priscilla Welch (GBR) 1985 |             |        |
| 21.1 km  | 87:46    | Gillian Sieling            | Benoni      | 25 Jan |
|          | 69:56    | Irina Permitina (RUS) 2009 |             |        |
| 25 km    | 1:42:12A | Suzette Botha              | Pinetown    | 25 Jan |
|          | 82:13    | Mizuki Noguchi (JPN) 2005  |             |        |
| 30 km    | 2:11:00  | Adele Waldron              | Camps Bay   | 04 Jan |
|          | 1:51:37  | Mieke Pullen (NED) 2001    |             |        |
| Marathon | 3:06:35  | Julanie Basson             | Benoni      | 25 Jan |
|          | 2:26:51  | Priscilla Welch (GBR) 1987 |             |        |
| 100 km   | 7:00:27  | Normi Sakurai (JPN) 2007   |             |        |

Masters (50+)

|          |          |                                |                |        |
|----------|----------|--------------------------------|----------------|--------|
| 10 km    | 41:58    | Jane Mudau                     | Pretoria       | 24 Jan |
|          | 34:44    | Tatyana Pozdniakova (UKR) 2005 |                |        |
| 15 km    | 65:39    | Margie Saunders (60+)          | Port Elizabeth | 17 Jan |
|          | 54:33    | Shirley Matson (USA) 1991      |                |        |
| 21.1 km  | 90:40    | Jane Mudau                     | Benoni         | 25 Jan |
|          | 76:07    | Tatyana Pozdniakova (UKR) 2006 |                |        |
| 25 km    | 2:06:53A | Maria Wareing                  | Pinetown       | 25 Jan |
| 30 km    | 2:23:26  | Olga Howard                    | Camps Bay      | 04 Jan |
| Marathon | 3:39:17  | Cheryl Rudolph                 | Fish Hoek      | 17 Jan |
|          | 2:31:05  | Tatyana Pozdniakova (UKR) 2005 |                |        |
| 100 km   |          |                                |                |        |

Grandmasters (60+)

|          |          |                  |                |        |
|----------|----------|------------------|----------------|--------|
| 10 km    | 55:08    | Lyn de Bruin     | Pretoria       | 24 Jan |
| 15 km    | 65:39    | Margie Saunders  | Port Elizabeth | 17 Jan |
| 21.1 km  | 1:44:11  | Nancy Will       | Cape Town      | 25 Jan |
| 25 km    | 2:17:50A | Pam Rasmussen    | Pinetown       | 25 Jan |
| 30 km    | 2:27:24  | Nancy Will       | Camps Bay      | 04 Jan |
| Marathon | 4:50:22  | Jeanette van Wyk | Fish Hoek      | 17 Jan |
| 100 km   |          |                  |                |        |

Juniors

|         |         |                           |            |        |
|---------|---------|---------------------------|------------|--------|
| 10 km   | 40:23   | Puseletso Dieta           | Benoni     | 25 Jan |
|         | 31:42   | Zola Pieterse (RSA) 1984  |            |        |
| 15 km   | 61:52   | Pamelia Moyikwa           | Constantia | 10 Jan |
|         | 49:40   | Ines Chenonge (KEN) 2001  |            |        |
| 21.1 km | 1:45:00 | Jeannie de Beer           | Pretoria   | 24 Jan |
|         | 1:09:05 | Delilah Asiago (KEN) 1991 |            |        |

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