

# 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

The favourites in the men's field of the Sanlam Cape Town Marathon did not perform according to expectations – the organisers expected sub-2:10 times on the new, faster course, and with the excellent, windless conditions yesterday expectations rose even more – but the women excelled and the first three achieved personal bests. All three are Kenyan born, with the win going to Isabella Ochichi in 2:30:20; she was followed by Eunice Chumba (now a Bahrainian citizen) in 2:33:12 and Joan Rotich in 2:37:45.

Shadrack Kemboi (KEN) ran far ahead of the field for a good deal of the second half, but was hauled in by Lungile Gongqa in the latter stages and finished just 18 seconds ahead in 2:11:41. Relatively speaking, Gongqa delivered the best performance of the day. He broke his PB – the 2:17:30 he set when he finished fourth in the race in 2011 – by more than 5½ minutes with his 2:11:59 and his prize money plus incentives as the first South African and first Western Province athlete was just R25 000 less than the winner's purse.



A jubilant Lungile Gongqa crosses the finish line of the Sanlam Cape Town Marathon in 2:11:59. [Edó Mostert]

Gongqa's time makes him the fourth fastest WP athlete ever (behind Ian Syster, Makhosonke Fika and Johan Dreyer), with the seventh fastest time, and is the quickest by a WP runner on South African soil (and within the province) since Dreyer ran 2:11:42 in 1983.

Kemboi's 2:11:41 was much faster than the 2:14:15 he ran here last year when he finished fourth, but still 30 seconds off his PB.

Not far behind Gongqa was another South African with a PB: Michael Mazibuko in 2:12:29, which improved on the 2:15:12 which gave him second place in the 2012 SA Marathon.

While foreigners dominated the race last year (when it incorporated the SA Marathon), with Kenyans taking the first six places and only two South Africans making the top ten, there were four SA athletes in the

top ten this year. The fourth was former New York City Marathon champion Hendrick Ramaala, now 43, who looked comfortable when he reached the finish to break Paulus Masilela's national veteran record, which has stood since 1988, with his 2:17:12. This is his fastest marathon since January 2012.



Isabella Ochichi wins the Sanlam Cape Town Marathon in a personal best of 2:30:20. [Edó Mostert]

In the women's race Ochichi, who was second in the Olympic Games 5000 m in 2004 and set her PB of 2:31:38 when finishing fourth in Amsterdam in 2013, ran unchallenged for most of the race and won by almost three minutes. Ochichi, a senior sergeant in the Kenyan Police, resumed her career in 2013 after spending six years away from the sport because of injuries and motherhood.

In fifth came Lebo Phalula as the first South African, running 2:38:55 in her debut. Phalula won the SA Half Marathon in a PB 1:11:54 two months ago. Behind her Keneilwe Sesing (2:43:38) and Nolene Conrad (2:47:46) clocked PBs. Sandwiched between them, in the same position of seventh where she finished last year when she won the national title, came a struggling Zintle Xiniwe in 2:45:00.

First grandmaster was Nancy Will, whose 3:14:37 broke not only the SA record of 3:15:48 which Margie Saunders established last year, but also the world single-age (62) record of 3:15:18 by Angela Copson in 2013.

Phalula's twin sister Lebogang took the accompanying 10 km in 34:12 in a race in which nine of the top fourteen ran PBs – six of them juniors. Among those setting a PB was Two Oceans and Comrades champion Caroline Wöstmann (35:26). In the men's race William Kaptein (28:34), who was fourth last year, did likewise and easily beat Elroy Gelant (29:10).

A total of seven list leaders were set in the two races, five of them in the marathon.

Lusapho April won the Mdantsane 10 km on 30 August, but ran extra distance after the lead car went the wrong way in the second half of the race. According to DRR correspondent Karen Zimmerman the route was changed from what it was in the past and there were no marshals along the course. The runners behind April ran even farther – around 12 km. April went past the correct 5 km mark in 14:20, so would probably have run sub-29 if the course had been correct. It is a great pity that runners who enter a race in good faith are disadvantaged in this way, and even more so when a runner of the calibre of April is robbed of a top-class performance. DRR will not publish the results of this race.

Riël Hauman

#### INCLUDED IN THIS ISSUE:

- \* Sanlam Cape Town Marathon & 10 km, Cape Town
- \* Sasfin Gerald Fox Memorial Half Marathon & 10 km, Johannesburg
- \* Clover Irene Village Mall Half Marathon & 10 km, Irene
- \* Lester Mills Memorial 10 km, Pretoria
- \* Caltex Sole Destroyer Half Marathon, East London

#### International highlights:

- \* CVS Health Downtown 5 km, Providence, USA

- \* Dam tot Damloop, Amsterdam to Zaandam, NED
  - \* Maratonina Città di Udine, Udine, ITA
  - \* Meia Maratona SportZone, Porto & Gaia, POR
  - \* Worcester City 10 km, Worcester, GBR
  - \* Moscow Marathon, Moscow, RUS
  - \* Track: All-Africa Games, Brazzaville, CGO
  - \* WMRA World Mountain Running Championships, Betws Y Coed, GBR
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## ROAD RUNNING

### Sanlam Cape Town Marathon & 10 km

(IAAF Silver Label Road Race)

Cape Town, 20 September

(Distances: 42.195 km & 10 km. Marathon – NEW certified loop course, mainly flat with an uphill section between 34.5 and 35.5 km and a start/finish separation of 533 m [1.3% of the distance]. 10 km – certified, flat loop course. Finishers: Not available yet. Weather: Cool throughout, overcast.)

Note: Thanks to Maria Oosthuizen of Dummett & Co for these results. – Ed.

#### Marathon:

##### MEN

1. Shadrack Kemboi (KEN), 29, 2:11:41 (R265 000)
2. Lungile Gongqa, 36, 2:11:59 PB (R130 000 + R100 000i + R10 000ii)
3. Michael Papi Mazibuko, 29, 2:12:29 PB (R70 000 + R50 000i)
4. Peter Lotagor Kamais (KEN), 38, 2:14:08 (R35 000)
5. David Kemboi Kiyeng (KEN), 32, 2:14:38 25,000
6. Sibusiso Nzima, 28, 2:15:38 (R15 000 + R25 000i)
7. Abraham Girma Bekele (ETH), 28, 2:15:54 (R14 000)
8. Lebenya Nkoka (LES), 32, 2:16:10 (R13 000)
9. Yuki Kawauchi (JPN), 28, 2:16:33 (R12 000)
10. Hendrick Ramaala, 43, 2:17:12 (R10 000 + R15 000i)
11. Mthandazo Qhina, 37, 2:17:45 (R10 000i + R5000ii)
12. Ezekiel Cherop (KEN), 31, 2:18:11
13. Mynhardt Kauanioi, 31, 2:18:25
14. Thabang Masihlelo, 25, 2:19:02
15. Lucas Jani, 31, 2:20:31
16. Moeketsi Mosuhli (LES), 34, 2:21:43
17. Shadrack Hoff, 42, 2:22:00
18. Thabo Motaung, 27, 2:24:23
19. Hein Camphor, 31, 2:24:44 (R2500ii)
21. Wanda Roro, 26, 2:25:55 (R1250ii)
22. Lucas Raseruthe (LES), 34, 2:26:07
23. Malibongwe Dlamini, 27, 2:26:24
24. Lebelo Mopenyane, 26, 2:26:30
25. Tom Lusaseni, 27, 2:27:23 (R750ii)
26. Tsungai Mwanengeni (ZIM), 41, 2:29:20
27. Mpendule Sigwadi, 28, 2:29:50
28. Bongani Mdletshe, 29, 2:29:57
29. Siyabulela Mponewana, 34, 2:31:53
30. Karabo Nkachela, 29, 2:32:34

#### 40-49:

1. Hendrick Ramaala, 43, 2:17:12 NR\* (R10 000);
2. Shadrack Hoff, 42, 2:22:00 (R5000);
3. Tsungai Mwanengeni (ZIM), 41, 2:29:20 (R4000).

**50-59:**

1. Eric Coetzee, 55, 2:43:54 (R5000); 2. Takao Komatsu (JPN), 51, 2:45:41 (R4000); 3. Shaun Meiklejohn, 53, 2:46:54 (R3000).

**60-69:**

1. Robbie Lindsay, 60, 3:05:35 (R4200); 2. Stephen Granger, 60, 3:21:48 (R2600); 3. Jeff Smith, 69, 3:27:10 (R1600).

**70+:**

1. Ronnie le Roux, 70, 4:19:37 (R2500); 2. Gideon Malherbe, 70, 4:24:35; 3. Joseph Matthews, 71, 4:27:00 (R500)

\*) South African 40-49 age record; previous 2:17:40, Paulus Masilela, 1988.

i) Incentive for the first 5 South Africans

ii) Incentive for the first 5 Western Province athletes

WOMEN (Same prize money as men, with incentives indicated)

1. Isabella Ochichi (KEN), 35, 2:30:20 PB
2. Eunice Chumba (BRN), 22, 2:33:12 PB
3. Joan Rotich (KEN), 27, 2:37:45 PB
4. Hemila Wortessa Shure (ETH), 29, 2:37:52
5. Lebo Phalula, 31, 2:38:55 DB (R100 000i)
6. Keneilwe Sesing, 27, 2:43:38 PB (R50 000i)
7. Zintle Xiniwe, 28, 2:45:00 (R25 000i + R10 000ii)
8. Nolene Conrad, 30, 2:47:46 PB (R15 000i)
9. Moleboheng Mafata (LES), 30, 2:48:21
10. Leena Ekandjo Ndeshimona (NAM), 25, 2:49:43
11. Tabitha Tsatsa (ZIM), 41, 2:51:00
12. Louisa Leballo, 37, 2:51:30 (R10 000i)
13. Devon Yanko (USA), 33, 2:51:50
14. Makampong Letsie (LES), 23, 2:52:35
15. Kataza Shipalana, 29, 2:56:48 DB
16. Bulelwa Simae, 38, 3:01:18 (R5000ii)
17. Danette Smith, 26, 3:01:47 (R2500ii)
18. Nomvuyisi Seti, 33, 3:04:44 (R1250ii)
19. Maphuti Phaka, 37, 3:05:28
20. Michelle van Zyl, 33, 3:09:34
21. Leilani Scheffer, 32, 3:09:40
22. Emily Cupito (USA), 31, 3:10:22 (R750ii)
23. Candyce Hall, 31, 3:12:08
24. Lindsay van Aswegen, 47, 3:12:16
25. Truzanne Swanepoel, 40, 3:13:05
26. Elanza de Villiers, 39, 3:14:35
27. Nancy Will, 62, 3:14:37
28. Tracy Forbes, 42, 3:15:57
29. Dolly Khumalo, 40, 3:16:18
30. Janene Carey, 43, 3:16:48

**40-49:**

1. Tabitha Tsatsa (ZIM), 41, 2:51:00; 2. Lindsay van Aswegen, 47, 3:12:16; 3. Truzanne Swanepoel, 40, 3:13:05.

**50-59:**

1. Julie Shadwell, 53, 3:25:54; 2. Berdine Smit, 51, 3:29:27; 3. Ester Brink, 50, 3:35:00.

**60-69:**

1. Nancy Will, 62, 3:14:37 NR\*; 2. Styntjie Prins, 61, 3:52:43; 3. Chloë Glover, 65, 4:04:32.

**70+:**

1. Veronica van Niekerk, 70, 3:58:10; 2. Marlene James, 71, 5:10:32; 3. Heather Cooke, 74, 5:37:34.

\*) South African 60-69 age record; previous 3:15:48, Margie Saunders, 2014.

i) Incentive for the first 5 South Africans

ii) Incentive for the first 5 Western Province athletes

### 10 km

#### MEN

1. William Kaptein, 23, 28:34 PB (R10 000)
2. Elroy Gelant, 29, 29:10 (R7500)
3. Abednego Mashaba, 25, 29:20 (R5000)
4. Folavia Sehohle, 24, 29:36 PB (R2500)
5. Philani Richard Buthelezi, 26, 29:38 PB (R1250)
6. Samuel Wathabatha, 22, 29:43
7. Sithembele Fanekho, 24, 29:46
8. Adam Lipschitz, 21, 29:53
9. Justin Fritz, 21, 29:54
10. Kgosi Tsosane, 29, 30:11
11. Etienne Plaatjies, 27, 30:11 [correct]
12. Kabelo Melamu, 18, 30:12
13. Anthony Timoteus, 20, 30:22
14. Vuyisile Tshoba, 24, 30:23
15. Ikageng Gaorekwe, 18, 30:24
16. Clinton Swanepoel, 25, 30:39
17. Samuel Segoa, 32, 30:43
18. Vuyolwethu Mbukushe, 24, 30:48
19. Ashley Smith, 19, 30:50
20. Lukhanyo Nobakada, 18, 30:56

(All age category prize money was the same: R1500, R750, R500.)

**40-49:** 1. Graham Katzen, 45, 33:21; 2. Pieter Koopman, 40, 33:38; 3. Isaac Ikalaheng, 41, 34:17. **50-59:** 1. Monde Tutani, 53, 35:40; 2. Tobias Philander, 50, 35:57; 3. Gerald Sullivan, 53, 39:41. **60+:** 1. Awie Veldsman, 65, 40:14; 2. Gemjikile Tom, 60, 41:03; 3. Christian Edwards, 63, 41:23. **Juniors:** 1. Kabelo Melamu, 18, 30:12; 2. Ikageng Gaorekwe, 18, 30:24; 3. Ashley Smith, 19, 30:50.

#### WOMEN (Same prize money as men)

(Note: Some of the women's times were indicated in tenths of a second and were rounded up by DRR according to the rules. – Ed.)

1. Lebogang Phalula, 31, 34:12
2. Mapaseka Makhanya, 30, 34:28
3. Simonay Weitsz, 16, 34:41 PB
4. Jenna Challenor, 34, 34:47
5. Fortunate Chidzivo (ZIM), 28, 34:57 PB
6. Chery-Lee Schoeman, 16, 35:04 PB
7. Nicole van der Merwe, 16, 35:22
8. Caroline Wöstmann, 32, 35:26 PB
9. Tanith Maxwell, 39, 36:04
10. Ashleigh Simonis, 17, 36:18 PB
11. Thandi Sehohle, 18, 36:38 PB
12. Ebeth Marais, 20, 36:43 PB
13. Carina Viljoen, 18, 37:26 PB
14. Robyn Kaltenbrunn, 18, 37:53 PB
15. Ulrica Stander, 40, 37:59
16. Pamela Moyikwa, 19, 38:29
17. Anel Terblanche, 28, 38:30
18. Kefilwe Molefe, 27, 38:54
19. Mariella Dierks, 23, 39:32

20. Sandra van Graan, 47, 39:34

**40-49:** 1. Ulrica Stander, 40, 37:59; 2. Sandra van Graan, 47, 39:34; 3. Anel Wesson, 41, 40:25. **50-59:** 1. Elmarie Coetzee, 51, 40:14; 2. Mariëtte Strauss, 53, 41:10; 3. Olga Howard, 57, 42:30. **60+:** 1. Helen du Plessis, 63, 49:18; 2. Dorothea Flink, 60, 53:29; 3. Pixie Sparg, 70, 56:43. **Juniors:** 1. Simonay Weitsz, 16, 34:41; 2. Chery-Lee Schoeman, 16, 34:57; 3. Nicole van der Merwe, 16, 35:22.

### **Sasfin Gerald Fox Memorial Half Marathon & 10 km**

Johannesburg, 20 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1370 [up from 1330 last year]; 10 km 1490 [up from 1400].)

Note: A second race – and win – for Liziwe Mabona in two days; she also won the Clover Irene Village Mall Half Marathon on Saturday (results below). – Ed.

#### **Half marathon**

MEN

1 Retsepile Khotle (Benoni Harriers) 68:22; 2 Derocious Makhobalo (Nedbank) 72:36; 3 Jonas Makhele (Nedbank) 72:38.

**Veterans:** 1 Sipho Ncube (ZIM/Maxed Elite) 77:21; 2 Ntheleng Mosime (Cool Running) 77:36. **Masters:** 1 Meshack Motla (South Deep) 87:54; 2 Francois Mentz (RAC) 98:12. **G'masters:** 1 John Edwards (Randburg) 1:42:45; 2 Brian Chamberlain (Kudus) 1:47:31. **Juniors:** 1 Siyabonga Mabena (GS) 73:55; 2 Sam Mokoena (Cool Running) 81:33.

WOMEN

1 Portia Ngwenya (Transnet) 91:21; 2 Anne Stewart (RAC) 95:01 (1<sup>st</sup> vet); 3 Helen Ibbotson (Pirates) 96:00.

**Veterans:** 1 Anne Stewart (RAC) 95:01; 2 Jenny Kruse (Sunninghill) 99:11. **Masters:** 1 Laura Venter (Nedbank) 1:56:02; 2 Fiona Hoernle (RAC) 1:56:54. **G'masters:** 1 Madelein Kelly (RAC) 2:15:40; 2 Makgoale Magwentshu (Ukhozi) 2:21:40.

#### **10 km**

MEN

1 Michael Pienaar (Boksburg) 32:00; 2 Pule Maeko (FFA) 32:15; 3 Raphael Segodi (GS) 32:59.

**Veterans:** 1 Zongamele Dyubeni (Rockies) 33:19; 2 Handsome Siwela (Nedbank) 36:17. **Masters:** 1 Bernard Mosala (Carlton) 39:33; 2 Joseph Mabodla (Colossus) 40:00. **G'masters:** 1 Alan Smith (Mercury) 43:15; 2 Don Charles (Nedbank) 44:38. **Juniors:** 1 Thabo Tshabanga (Nedbank) 36:46; 2 Thabang Sebopa (Randburg) 38:10.

WOMEN

1 Liziwe Mabona (Transnet) 37:47; 2 Mpho Mabuza (Gallopers) 38:28; 3 Ricci-Lee Brookstone (Temp) 42:49.

**Veterans:** 1 Melanie Jennett (Fourways) 44:32; 2 Charmaine Warriker (VTM) 51:31. **Masters:** 1 Sandra Brookstone (Wanderers) 49:08; 2 Sonja v.d. Vyfer (Vitality) 49:21. **G'masters:** 1 Sonja Laxton (RAC) 52:37; 2 Margaret Boshoe (Sunninghill) 64:25. **Juniors:** 1 Monique Hoosain (Nedbank) 60:18.

## **Clover Irene Village Mall Half Marathon & 10 km (4<sup>th</sup>)**

Irene, 19 September

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: overcast, cold, windy.  
Finishers: half marathon – 1572; 10 km – 1433.)

### **Half marathon**

MEN

1. Derocious Makhobalo (Ned) 66:37; 2. Lebogang Masilo (Trans) 68:09; 3. Tiisetso Ramokheseng (LES/Olifants) 68:27; 4. Teboho Lejaha (LES/CR) 69:59; 5. Graham Malinga (Nkang) 70:48

**Veterans:** 1. Action Ramabola (IP) 74:27; 2. Brian Ramapuputla (Beef) 79:19; 3. Wynand Strydom (Boks) 82:58. **Masters:** 1. Craig Cloete (Alb) 87:47; 2. Paul Mabena (Ford) 88:55. **G'masters:** 1. Theo Swanepoel (Kempton) 93:54; 2. John Woodnutt (Morning) 97:38. **G/g'masters:** 1. Patrick Mafilika (Ned) 2:07:46.

WOMEN

1. Liziwe Mabona (Trans) 85:00; 2. Keshoketswe Lechaba (LES/AC) 88:01; 3. Tshifhiwa Malobola (Ned) 90:28; 4. Mariska Steinbach (Runav) 91:02; 5. Tania Fourie (Arc Mitt AVT) 93:17.

**Veterans:** 1. Vanessa Bowman (Kempton) 1:34:02; 2. Lindy Benson (Bed) 1:34:55; 3. Karin Coomber (ACRW) 1:41:38. **Masters:** 1. Rita van Wyk (Boks) 1:42:52; 2. Renata van Niekerk (Mag) 1:49:58. **G'masters:** 1. Frances van Blerk (Ned) 1:52:25; 2. Lic Schochot (Fit) 2:32:59. **G/g'masters:** 1. Deirdre Larkin (Rand) 2:15:41.

### **10 km**

MEN

1. Jabulani Khosa (Nkang) 30:48; 2. Lucky Mtshali (Olifants) 31:00; 3. Tumelo Mahlangu (Ned) 31:15; 4. Paulos Radebe (ACSA) 31:42; 5. Johannes Kekana (CR) 31:50 (1<sup>st</sup> vet).

**Veterans:** 1. Johannes Kekana (CR) 31:50; 2. Enoch Skosana (Ned) 34:23. **Masters:** 1. John McGeer (Mag) 44:05; 2. Johnnie Jonker (Denel) 46:05. **G'masters:** 1. Peter Moabelo (ACE) 49:08; 2. Huibrecht Ribbons (CSIR) 54:22. **G/g'masters:** 1. Andries van der Merwe (Trans) 51:55. **Juniors:** 1. Mpho Mooka (Ned) 34:20.

WOMEN

1. Thembi Baloyi (TUT) 37:32; 2. Eva Murendwa Davhana (TUT) 37:48; 3. Nandipha Dywili (Trans) 38:17; 4. Nerissa van der Walt (Runav) 39:48; 5. Leani Grimes (Tuks) 39:49.

**Veterans:** 1. Mirriam Mooki (Trans) 42:17; 2. Linah Mhlongo (Eskom) 42:47; 3. Belinda Waghorn (B2R) 43:41. **Masters:** 1. Lettie Saayman (Ned) 46:08; 2. Elsabé Brink (Runav) 40:19. **G'masters:** 1. Rina Pretorius (SABS) 58:14; 2. Olga Smit (Affies) 68:31. **G/g'masters:** 1. Daphne Platts (RI) 92:38.

## **Lester Mills Memorial 10 km**

Pretoria, 16 September

(Finishers: 900 [up from 800 last year].)

Note: A repeat win for Sikhumbuzo Seme here. – Ed.

MEN

1 Sikhumbuzo Seme (Transnet) 30:29; 2 Kgosi Tsosane (Nedbank) 30:58; 3 Vuyisele Tshoba (Transnet) 31:09.

**Veterans:** 1 Piet Mosibedi (Transnet) 34:51. **Masters:** 1 Paul Mabena (Ford) 40:51.  
**G'masters:** 1 Johan Nell 42:45. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 51:00. **80+:** 1  
 Martin Coetzee (Magnolia) 78:15. **Juniors:** 1 Lesetja Bopape (Corr Serv) 39:57.

#### WOMEN

1 Glenrose Xaba (Sasol) 35:07; 2 Vuyokazi Gebe (Transnet) 39:48; 3 Mariska Steinbach (Runavation) 40:49.

**Veterans:** 1 Lethiwe Zondo (CSIR) 46:35. **Masters:** 1 Ansie Breytenbach (Irene) 43:27.  
**G'masters:** 1 Chanel Stegman (PMK) 67:48. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 57:18. **Juniors:** 1 Georgia Janisch (Magnolia) 45:00.

### Caltex Sole Destroyer Half Marathon

East London, 13 September

(Distance: 21.1 km; hilly point-to-point course, mostly on gravel. Finishers: 464.)

#### MEN

1. Luthando Hejana, 28 (B2R) 1:13:21
2. Songezo Mdedelwa, 21 (Madeira) 1:19:50
3. Malixole Kalideni, 22 (OB) 1:20:04

#### WOMEN

1. Hanlie Botha, 36 (B2R) 1:28:22
2. Andrea Ranger, 32 (OB) 1:42:26
3. Rachel Petersen, 34 (B2R) 1:45:10

## 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

#### CVS Health Downtown 5 km (26th)

(U.S. 5 km Championships for men and women)

Providence, USA, 20 September

(Distance: 5 km; certified loop course)

#### MEN (gun times)

- |                                       |          |        |
|---------------------------------------|----------|--------|
| 1. David TORRENCE, 29, MALIBU, CA     | 13:56    | \$7000 |
| 2. Dan HULING, 32, PORTLAND, OR       | 13:59 PB | 4000   |
| 3. Dathan RITZENHEIN, 32, BELMONT, MI | 14:03    | 3000   |
| 4. Sam CHELANGA, 30, TUCSON, AZ       | 14:07    | 1500   |
| 5. Jason WITT, 25, LAKE ORION, MI     | 14:12    | 1000   |

#### WOMEN (gun times)

- |  |          |        |
|--|----------|--------|
| 1. Molly HUDDLE, 31, PROVIDENCE, RI      | 15:12    | \$7000 |
| 2. Shalane FLANAGAN, 34, PORTLAND, OR    | 15:17 PB | 4000   |
| 3. Emily SISSON, 23, PROVIDENCE, RI      | 15:48    | 3000   |
| 4. Gabe GRUNEWALD, 29, MINNEAPOLIS, MN   | 15:55    | 1500   |
| 5. Kim CONLEY, 29, SACRAMENTO, CA        | 15:58    | 1000   |
| ... 36. Joan SAMUELSON, 58, FREEPORT, ME | 19:03    |        |



**Dam tot Damloop** (31st)

Amsterdam to Zaandam, NED, 20 September

(Distance: 10 miles; point-to-point course with no elevation change)

MEN (gun times)

1. Edwin Kiptoo, KEN, 45:19 PB
2. John Mwangangi, KEN, 45:58
3. Yenew Alamirew, ETH, 46:04 PB
4. Bonsa Diba, ETH, 46:30 PB
5. Merhawi Kesete, ERI, 46:35
- ... 7. Wilson Kipsang, KEN, 46:42

WOMEN (gun times)

1. Joyce Chepkirui, KEN, 51:30 PB
2. Jackline Chepngeno, KEN, 51:34 PB
3. Dibabe Kuma, ETH, 52:52 PB
4. Yenenesh Tilahun, ETH, 52:53 PB
5. Risa Takenaka, JAP, 52:56 PB

**Maratonina Città di Udine** (16th)

Udine, ITA, 20 September

(Distance: 21.1 km; one-loop course)

MEN (gun times)

- |                                       |             |
|---------------------------------------|-------------|
| 1. Solomon Yego Kirwa, KEN            | 1:00:04 PB  |
| 2. Richard Kiprop Mengich, KEN        | 1:00:22     |
| 3. Cosmas Jairus Birech Kipchoge, KEN | 1:00:30 PB  |
| 4. Erick Leon Ndiema, KEN             | 1:00:45 PB= |
| 5. Elijah Tirop, KEN                  | 1:01:11     |

WOMEN (gun times)

- |                                  |            |
|----------------------------------|------------|
| 1. Violah Jepchumba, KEN         | 1:09:29 PB |
| 2. Viola Jelagat, KEN            | 1:10:13    |
| 3. Anna Incerti, ITA             | 1:11:17    |
| 4. Agnes Tschurtschenthaler, ITA | 1:12:54 PB |

**Meia Maratona SportZone** (9th)

Porto &amp; Gaia, POR, 20 September

(Distance: 21.1 km)

MEN (gun times)

- |                                  |         |               |
|----------------------------------|---------|---------------|
| 1. Emmanuel Bor, KEN             | 1:01:06 | € 1000 + 500i |
| 2. Justus Kipkoskei Kangogo, KEN | 1:01:51 | 600           |
| 3. Ezekiel Chebii, KEN           | 1:02:43 | 500           |

i) Earned sub-61:30 time bonus

WOMEN (gun times)

- |                         |         |                    |
|-------------------------|---------|--------------------|
| 1. Monica Jepkoech, KEN | 1:10:26 | € 1000 + 1000i     |
| 2. Sara Moreira, POR    | 1:10:42 | 600 + 500p + 500ii |
| 3. Misaki Kato, JPN     | 1:10:50 | 500 + 500ii        |
| 4. Pamela Rotich, KEN   | 1:12:28 | 400                |
| 5. Naoka Akutsu, JPN    | 1:12:52 | 300                |

**Worcester City 10 km**

Worcester, GBR, 20 September

Note: *Race Results Weekly* reports that reigning European 10000 m champion Jo Pavey celebrated her 42nd birthday here with a victory. The organisers presented her with a special birthday cake, complete with a running shoe and stopwatch on top. – Ed.

MEN (gun times)

1. Victor Boit, KEN 28:41 £300
2. Jonah Chesum, KEN 31:02 200
3. Andrew Savery 32:23 100

WOMEN

1. Jo Pavey (40+) 33:11 £300 + 50m
2. Hildah Cheboi, KEN 33:31 200
3. Jenny Nesbitt 33:43 PB 100

m) Earned masters prize money

**Moscow Marathon (3rd)**

Moscow, RUS, 20 September

(Distance: 42.195 km; AIMS-certified loop course with start and finish at Luzhniki Stadium)

MEN (gun times)

1. Lazarus Kimutai Kiptoo, 1987, KEN 2:19:35
2. Sergey Zyryanov, 1984, RUS 2:19:58
3. Oleksandr Matviychuk, 1984, UKR 2:20:53

WOMEN

1. Nina Podnebesnova, 1980, RUS 2:33:11
2. Natalya Starkova, 1987, RUS 2:33:41
3. Nadezhda Leshchinskaya, 1984, RUS 2:36:52

**TRACK****All-Africa Games (11th)**

Brazzaville, CGO, 13-17 September

Note: Apart from the performances listed here in the distance events, South Africa also won the following medals: GOLD – 110H: Antonio Alcana, 13.32 PB; DT: Russel Tucker, 60.41; 20 km W: Lebohang Shange, 1:26:43; SILVER – DT: Ischke Senekal, 50.53; BRONZE – HJ: Chris Moleya, 2.22; JT: Philmar van Rensburg, 76.85; Dec: Friedrich Pretorius, 7186; 20 km W: Wayne Snyman, 1:27:32; HJ: Julia du Plessis, 1.80; SP: Sonia Smuts, 15.92; JT: Jo-Ane van Dyk, 50.52. – Ed.

MEN

800 (16):

1. Nijel Amos, BOT 1:50.45 Gold
2. Taoufik Makhloufi, ALG 1:50.72 Silver
3. Job Kinyor, KEN 1:50.79 Bronze
4. Timothy Kitum, KEN 1:50.93
5. Jackson Kivuva, KEN 1:50.98

1500 (14):

1. Mekonnen Gebremedhin, ETH 3:45.73 Gold

2. Abdi Waiss Mouhyadin, DJI 3:45.98 Silver
3. Salim Keddar, ALG 3:46.31 Bronze
4. Ronald Kwemoi, KEN 3:47.02
5. Youssouf Hiss Bachir, DJI 3:47.23
- ... 10. Dumisani Hlaselo, RSA 3:51.64

## 5000 (17):

1. Getaneh Tamire, ETH 13:21.88 Gold
2. Leul Gebrselassie, ETH 13:22.13 Silver
3. Thomas Longosiwa, KEN 13:22.72 Bronze
4. Abrar Osman, ERI 13:23.79
5. Victor Chumo, KEN 13:24.80
6. Stephen Mokoka, RSA 13:25.03
- Dumisani Hlaselo, RSA DNF

## 10000 (14):

1. Tebalu Zawude, ETH 27:27.19 Gold
2. Leonard Barsoton, KEN 27:27.55 Silver
3. Adugna Takele, ETH 27:28.40 Bronze
4. Vincent Yator, KEN 27:40.08
5. Geoffrey Kirui, KEN 28:09.65

## 3000 s/chase (13):

1. Clement Kemboi, KEN 8:20.31 Gold
2. Hillary Kemboi, KEN 8:22.96 Silver
3. Amare Hailemariyam, ETH 8:24.19 Bronze
4. Wegene Sebsibe, ETH 8:26.62
5. Chala Bayu, ETH 8:28.03

## Half Marathon (17):

1. Zersenay Tadese, ERI 1:03:11 Gold
2. Luka Kanda, KEN 1:03:27 Silver
3. Hizkel Tewelde, ERI 1:03:39 Bronze
4. Samson Gebreyohanes, ERI 1:04:14
5. Guye Adola, ETH 1:04:22

## WOMEN

## 800 (14):

1. Caster Semenya, RSA 2:00.97 Gold
2. Annet Mwanzi, KEN 2:01.54 Silver
3. Chaltu Shume, 1996, ETH 2:01.59 PB Bronze
4. Habitam Alemu, ETH 2:02.29
5. Winny Chebet, KEN 2:02.67

## 1500 (17):

1. Dawit Seyaum, 1996, ETH 4:16.69 Gold
2. Besu Sado, 1996, ETH 4:18.86 Silver
3. Beatrice Chepkoech, KEN 4:19.16 Bronze
4. Amina Bakhit, SUD 4:20.32
5. Caroline Chepkemai, KEN 4:20.87
- ... 8. Caster Semenya, RSA 4:23.00

## 5000 (13):

1. Margaret Chelimo, KEN 15:30.15 Gold
2. Rosemary Wanjiru, KEN 15:30.18 Silver
3. Alice Aprot, KEN 15:31.82 Bronze
4. Gotytom Gebreslase, ETH 15:42.44

5. Genet Yalew, ETH 15:43.77

10000 (16):

1. Alice Nawowuna, KEN 31:24.18 PB Gold  
 2. Gladys Chesire, KEN, 31:36.87 PB Silver  
 3. Gelete Burka, ETH 31:38.33 Bronze  
 4. Wude Ayalew, ETH 31:39.81  
 5. Agnes Chebet, KEN 32:55.41 PB

3000 s/chase (16):

1. Sofia Assefa, ETH 9:51.30 Gold  
 2. Hiwot Ayalew, ETH 9:51.94 Silver  
 3. Purity Rionoripo, KEN 9:52.54 PB Bronze  
 4. Magdalene Masai, KEN 9:56.76  
 5. Joan Chepkemoi, KEN 10:04.54

Half Marathon (17):

1. Mamitu Daska, ETH 1:12:42 Gold  
 2. Worknesh Degefa, ETH 1:12:42 Silver  
 3. Yebergara Melesse, ETH 1:12:42 Bronze  
 4. Kokob Tesfagabriel, ERI 1:16:35 PB  
 5. Anna Amutoko, NAM 1:16:45

## ULTRA/MOUNTAIN/TRAIL RUNNING

### WMRA World Mountain Running Championships (31st)

Betws Y Coed, GBR, 19 September

SR. MEN (13 km/2 laps):

Teams: 1. ITA 13 points, 2. UGA 18, 3. GBR 19 ...  
 1. Fred Musobo, UGA 49:00 Gold  
 2. Bernard DeMatteis, ITA 49:44 Silver  
 3. Robbie Simpson, GBR 50:31 Bronze

JR. MEN (8.9 km/2 laps):

Teams: 1. TUR 9 points, 2. USA, 3. GBR...  
 1. Ferhat Bozkurt, TUR 33:56 Gold  
 2. Levi Thomet, USA 35:50 Silver  
 3. Mustafa Göksel, TUR 35:53 Bronze

SR. WOMEN (8.9 km/2 laps):

Teams: 1. GBR 9 points, 2. USA 27, 3. UGA 28...  
 1. Stella Chesang, UGA 37:52 Gold  
 2. Emily Collinge, GBR 38:23 Silver  
 3. Emma Clayton, GBR 38:33 Bronze

JR. WOMEN (4.7 km/1 lap):

Teams: 1. CZE 6 points, 2. GBR 13, 3. TUR 20...  
 1. Allie Ostrander, USA 19:44 Gold  
 2. Michaela Stranska, CZE 20:23 Silver  
 3. Elsa Racasan, FRA 20:31 Bronze

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## STATS TIME

This week we include a list of the top ten men in the marathon for 2015.

### 2015 MARATHON: WORLD TOP 10 MEN

2:04:42	Eliud Kipchoge KEN	London	26 Apr
2:04:47	Wilson Kipsang KEN	London	26 Apr
2:05:28	Hayle Lemi ETH	Dubai	23 Jan
2:05:49	Mark Korir KEN	Paris	12 Apr
2:05:50	Dennis Kimetto KEN	London	26 Apr
2:05:52	Lelisa Desisa ETH	Dubai	23 Jan
2:06:00	Endeshaw Negesse ETH	Tokyo	22 Feb
2:06:06	Deriba Robi ETH	Dubai	23 Jan
2:06:19	Moses Mosop KEN	Xiamen	03 Jan
2:06:33 NR	Stephen Kiprotich UGA	Tokyo	22 Feb

### THIS MONTH IN HISTORY

#### 60 years ago: 18 September 1955

The 5000-metre race between Chris Chataway and Vladimir Kuts in the White City Stadium in October 1954, which the Briton won by shattering the Ukrainian's world record, is still regarded as one of the greatest distance races of all time. Kuts regained the record ten days later, but then lost it again to the Hungarian Sandor Iharos eleven months later. This time it took him only eight days to get it back. He ran at the tenth anniversary meeting between the clubs AK Partizan and AK Crvena in Belgrade, Yugoslavia, held in the Yugoslav People's Army Stadium. The 5000 m was the only race held after a soccer match, with 30 000 people in attendance. Kuts took the lead after the first 100 m, with the Hungarian's 13:50.8 in his sights. He surpassed that with 13:46.8 after kilometres in 2:43, 2:47, 2:46, 2:50 and 2:40.8 and won by more than 30 seconds. (In an interesting game of musical chairs, Iharos took the record back once more in October with 13:40.6.)

### 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	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	62:06	Lucky Modike Mohale	Port Elizabeth	25 Jul
	60:40A	Stephen Mokoka	South Shields	13 Sep
	59:14	Bitan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan

	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:11:59	Lungile Gongqa	Cape Town	20 Sep
	2:04:42	Eliud Kipchoge (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	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:41	Johannes Kekana	Pretoria	15 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:17:12	Hendrick Ramaala	Cape Town	20 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:07	Eric Coetzee	Eersterivier	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:23	Daniel Mothibe	Port Elizabeth	25 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	18 Apr
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:43:54	Eric Coetzee	Cape Town	20 Sep
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	85:21	Moalosi Ernest Tjela	Port Elizabeth	25 Jul
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:05:35	Robbie Lindsay	Cape Town	20 Sep
100 km				

#### Juniors

10 km	30:12	Kabelo Melamu	Cape Town	20 Sep
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	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:36	Mbasobhi Gumede	Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	30:55	Peres Chepchirchir (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:54	Lebo Phalula	Pretoria	15 Aug
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	71:54	Lebo Phalula	Port Elizabeth	25 Jul
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	1:21:55	Sutume Asefa Kebede (ETH)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	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	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:50	Ulrica Stander	Port Elizabeth	25 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	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	2:53:38	Gillian Sieling	London	26 Apr
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:23	Judy Bird	Durban	07 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:02	Jane Mudau	Polokwane	09 Aug

	<b>76:07</b>	<b>Tatyana Pozdniakova (UKR) 2006</b>			
25 km	2:11:04	Julie Shadwell	Pretoria		09 May
30 km	2:23:26	Olga Howard	Camps Bay		04 Jan
Marathon	3:11:23	Jane Mudau	Polokwane		28 Mar
	<b>2:31:05</b>	<b>Tatyana Pozdniakova (UKR) 2005</b>			
100 km					
<b>Grandmasters (60+)</b>					
10 km	41:45	Margie Saunders	Port Elizabeth		11 Apr
15 km	64:00	Nancy Will	Eersterivier		20 Jun
21.1 km	1:31:38	Nancy Will	Atlantis		22 Aug
25 km	2:27:12	Francis van Blerk	Pretoria		11 Jul
	2:17:50A	Pam Rasmussen	Pinetown		25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage		22 Mar
Marathon	<b>3:14:37</b>	<b>Nancy Will</b>	<b>Cape Town</b>		<b>20 Sep</b>
	3:30:47A	Nancy Will	Simon's Town		15 Feb
100 km					
<b>Juniors</b>					
10 km	<b>34:41</b>	<b>Simonay Weitsz</b>	<b>Cape Town</b>		<b>20 Sep</b>
	<b>31:42</b>	<b>Zola Pieterse (RSA) 1984</b>			
15 km	58:12	Ashleigh Simonis	Eersterivier		20 Jun
	<b>49:40</b>	<b>Ines Chenonge (KEN) 2001</b>			
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town		04 Apr
	<b>1:09:05</b>	<b>Delilah Asiago (KEN) 1991</b>			

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Contributors to this issue: Derrick Chamberlain, Pete van der Merwe, Maria Oosthuizen, Karen Zimmerman

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Published by Riël Hauman  
 42 Fifteenth Avenue, Boston, Bellville 7530,  
 RSA  
 Telephone: 021 948-0293  
 Fax: 0866 89-44-74  
 Cellphone: 082 922-8538  
 E-mail: [rielh@mweb.co.za](mailto:rielh@mweb.co.za)





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