

Distance Running Results

Vol. 15, No. 40 – 12 October 2015

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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.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

Just eight days after finishing first and second, a mere second apart, in the Legends Half Marathon, Joel Mmone and David Manja finished in the same order in the OUTurance 94.5Kfm Gun Run Half Marathon, but ran much faster – so fast, in fact, that they set personal bests of 62:31 and 62:41 respectively. They were more than 75 seconds ahead of their closest rival.

The race produced more outstanding times: veteran and SA marathon record holder Gert Thys achieved a new WP record of 66:50 – his fastest since he set the previous record of 66:55 in August 2012 – while Veronica van Niekerk set a new SA and WP open record of 1:50:30 in the 70+ age category and Margie Plantema a new WP domestic record of 1:57:24 in the same division. Master Eric Coetzee clocked a list leader of 75:12.

Jenna Challenor, who was the first South African in the Legends Half Marathon (77:43), won the women's race in 76:17. In the accompanying 10 km Thabang Mosiako missed his PB by one second with his 29:55 win.

Earlier in the week Nancy Will set her umpteenth WP record for grandmasters when she ran 43:04 in the BAKgat 10 km in Bellville.

In Johannesburg Lebogang Phalula won the final race in the Spar Grand Prix Series in 35:08. DRR received reports about unacceptable behaviour by the many men who ran the race and pushed and jostled female competitors at the start. DRR has always been of the strong opinion that men should not be allowed to enter a supposedly women-only race – they are by definition not eligible and do not belong there. The 5 km fun run is quite another matter, of course. This is certainly an issue that should be addressed by Spar, who advertises the event as "the largest and most prestigious women's road running series in the country".

In Chicago the Windy City lived up to its name, further challenging the elite athletes competing in the 38th Bank of America Chicago Marathon who had to run this Abbott World Marathon Majors event for the first time in at least 25 years without pacemakers, reports *Race Results Weekly*. Given those conditions, the men's and women's contenders responded differently. The men ran cautiously, and Kenyan winner Dickson Chumba's time of 2:09:25 was the slowest since 2007 when the race was contested in steamy conditions. The women, however, chose to run aggressively, and Kenya's Florence Kiplagat ran an impressive 2:23:33 to get her first victory in Chicago (she was second last year). Both

Chumba and Kiplagat won \$100 000 in prize money; Kiplagat also earned a \$5000 time bonus.

About four minutes behind Kiplagat, 42-year-old American Deena Kastor was having a record run of her own. Through halfway, the 2004 Olympic Marathon bronze medallist was easily on pace to break former South African Colleen de Reuck's national record for athletes over 40 (2:28:40). Strategically tucking-in behind some male runners from time to time to save energy, she seemed to be gliding down the finish stretch before smashing De Reuck's record with her 2:27:47 clocking.

Because of the late publication of our US partner publication *Race Results Weekly*, only the results of the Chicago Marathon and the US 10 km Championships for women are included here. We will catch up with the rest of the international results next week.

Anna Koziskova, the winner of the Chappies Challenge 10 km (results in last week's DRR), is from Czechoslovakia and not Russia.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * OUTurance 94.5Kfm Gun Run Half Marathon & 10 km, Cape Town
- * Spar Grand Prix Series 10 km, Johannesburg
- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * BAKgat 10 km, Bellville
- * Windpomp Half Marathon, Graaff-Reinet
- * Legends Half Marathon, East London

International highlights:

- * Tufts Health Plan 10 km for Women, Boston, USA
 - * Bank of America Chicago Marathon, Chicago, USA
-

ROAD RUNNING

OUTurance 94.5Kfm Gun Run Half Marathon (23rd) & 10 km (12th)

Cape Town, 11 October

(Distances: 21.1 km & 10 km; certified near-loop courses. Finishers: Half marathon – 5386 [seven down from 5393 last year]; 10 km – 6342 [slightly down from 6387].)

Note: Eight days after dipping under 90 minutes for the first time, Tanya Posthumus-Fox improved on that by almost 2½ minutes to finish sixth. – Ed.

Half marathon

MEN

1. Joel Mmone (Ned ANW) 1:02:31 PB (R10 500)
2. David Manja (Ned ANW) 1:02:41 PB (R4300)
3. Gladwin Sibabalwe Mzazi (Trans) 1:03:56 (R2200)
4. Nkosinathi Madyo (Itheke) 1:06:24 (R1300)
5. Gert Thys (ME) 1:06:50 (1st vet) (R600)
6. Bernard Rukadza (ZIM/Gugs) 1:07:10
7. William Kaptein (Maties) 1:08:34
8. Mthandazo Qhina (Ned) 1:08:34
9. Hein Camphor (FNB) 1:09:00
10. Sive Ngube (Ned) 1:09:31
11. Siviwe Nkombi (Itheke) 1:10:39
12. Anda Lubelwana (Hout) 1:12:03

13. Marks Mpekula (VOB) 1:12:38
14. Mthobeli Mathomane (Satori) 1:12:47
15. Babalo Hambi (Itheke) 1:12:54
16. Sityhilo Diko (Ind) 1:13:04
17. Tsungai Mwanengeni (ZIM/Gugs) 1:13:07
18. Imran Paya (MAW/Gugs) 1:14:57
19. Mervin Steenkamp (Itheke) 1:15:02
20. Nelson Bass (VOB) 1:15:09

Veterans: 1. Gert Thys (ME) 1:06:50 (WP rec) (R2200); 2. Tsungai Mwanengeni (ZIM/Gugs) 1:13:07 (R1100); 3. Pieter Venter (Strand) 1:17:49 (R800). **Masters:** 1. Eric Coetzee (FNB) 1:15:12 (R1100); 2. Johnny Persents (WR) 1:18:55 (R800); 3. Roston Isaacs (Ned) 1:24:03 (R500). **G'masters:** 1. Muhammad Kriel (Ommie) 1:26:04 (R800); 2. Robbie Lindsay (Ned) 1:27:00 (R500); 3. Garry Wilford (Durb) 1:31:51 (R400). **G/g'masters:** 1. Gideon Malherbe (Celtic) 1:52:55 (R400); 2. Robbie Joubert (Ind) 2:01:18 (R300); 3. Boet van Zyl (SH) 2:02:55 (R150). **Juniors:** 1. Thembeke Mendu (Gugs) 1:15:33 (R800); 2. Denzil Byman (Itheke) 1:22:57 (R400); 3. Martin Makumba (Hout) 1:25:24 (R200).

WOMEN (Same prize money as men)

1. Jenna Challenor (KPMG) 1:16:17
2. Tanith Maxwell (Boxer) 1:18:56
3. Fortunate Chidzivo (ZIM/Celtic) 1:23:06
4. Candyce Hall (Carb) 1:26:02
5. Belinda Noades (Ind) 1:26:53 (1st vet)
6. Tanya Posthumus-Fox (CC) 1:27:14 PB
7. Sarah Murless (Ind) 1:28:08
8. Sandra van Graan (Edge) 1:28:25
9. Hanlie Jordaan (UWC) 1:28:57 PB
10. Mariella Dierks (Carb) 1:29:09
11. Alex Townsend (Ind) 1:29:48
12. Michelle van Zyl (B2R) 1:30:02
13. Dunya Ansems (Ind) 1:30:11
14. Mia Smit (Ind) 1:30:44
15. Busisiwe Matiwane (Celtic) 1:31:49
16. Anel Wesson (FH) 1:32:19
17. Amy Burger (Mtunzini) 1:32:45
18. Carien Ross (Strand) 1:33:39
19. Angelique Rabie (Carb) 1:33:52
20. Alice Oosthuizen (OM) 1:33:58

Veterans: 1. Belinda Noades (Ind) 1:26:53; 2. Sandra van Graan (Edge) 1:28:25; 3. Busisiwe Matiwane (Celtic) 1:31:49. **Masters:** 1. Olga Howard (Celtic) 1:36:06; 2. Bev Charters (VOB) 1:39:46; 3. Roldah Orrie (Itheke) 1:49:28. **G'masters:** 1. Nancy Will (Pine) 1:41:10; 2. Kathy Jolliffe (Ned SWD) 1:57:49; 3. Jeanette van Wyk (Tyger) 2:44:00. **G/g'masters:** 1. Veronica van Niekerk (EGA) 1:50:30 (SA & WP open rec); 2. Margie Plantema (VOB) 1:57:24 (WP rec); 3. Marlene James (Pine) 2:13:00. **Juniors:** 1. Paige Botten (VOB) 1:38:50; 2. Sharon Chawola (ZIM/Gugs) 1:47:53; 3. Razaan Kamaldien (MSA) 1:52:06.

10 km

MEN

1. Thabang Mosiako (Ned ANW) 29:55 (R7200)
2. Philani Buthelezi (Boxer) 30:03 PB (R2900)
3. Sibusiso Madikizela (Itheke) 30:23 (R1100)
4. Siboniso Soldaka (CPUT) 30:26 (R800)
5. Akhona Makila (VOB) 30:34 (R400)

6. Vuyolwethu Mbukushe (Gugs) 31:22
7. Anthony Timoteus (UWC) 31:58
8. Lukhanyo Nobakada (VOB) 32:12
9. Lungile Gongqa (Ned) 32:24
10. Duran Faro (UWC) 32:29

Veterans: 1. Pieter Koopman (Itheke) 32:59 (R1400); 2. Thembelani Zola (Well) 35:24 (R750); 3. Henry Wolstenholme (Durb) 35:45 (R450). **Masters:** 1. Tobias Philander (Itheke) 36:44 (R750); 2. Eric Mlonyeni (Strand) 38:35 (R400); 3. Shafiek Cassiem (Itheke) 39:13 (R300). **G'masters:** 1. Albert Williams (Top) 46:05 (R400); 2. Paul San Giorgio (VOB) 46:57 (R300); 3. Richard Wilson (CC) 48:58 (R150). **G/g'masters:** 1. Manfred Geutner (Celtic) 57:37 (R350); 2. Rob Collins (HV) 58:37 (R200); 3. John Josephs (SSAC) 77:36 (R100). **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:12 (R750); 2. Samuel van der Merwe (Bell) 32:47 (R450); 3. Asemahle Kwatsha (Ind) 35:58 (R300).

WOMEN (Same prize money as men)

1. Liziwe Mabona (Trans) 35:33
2. Nomvuyisi Seti (Ind) 36:32
3. Ashleigh Simonis (Carb) 37:02 (1st jun)
4. Pamela Moyikwa (VOB) 37:12
5. Busisiwe Gwala (VOB) 38:41
6. Anel Terblanche (CMC) 38:53
7. Jana le Roux (Ind) 39:49
8. Obertina Kanyongo (ZIM/WC) 41:05 (1st vet)
9. Ivy Sogiba (Ned) 41:05
10. Sharon Sunderland (WC) 42:03

Veterans: 1. Obertina Kanyongo (ZIM/WC) 41:05; 2. Sharon Sunderland (WC) 42:03; 3. Chantel Simpson (Ned) 43:03. **Masters:** 1. Mariëtte Strauss (Tyger) 42:16; 2. Renée Scott (VOB) 44:32; 3. Zahn Munch (Stell) 44:39. **G'masters:** 1. Helen du Plessis (Tyger) 48:39; 2. Sarah Herdien (Velo) 60:15; 3. Leora Braude (Ind) 60:45. **G/g'masters:** 1. Pixie Sparg (Celtic) 58:27; 2. Catherine Linger (RAC) 88:41. **Juniors:** 1. Ashleigh Simonis (Carb) 37:02; 2. Pamela Moyikwa (VOB) 37:12; 3. Busisiwe Gwala (VOB) 38:41.

Spar Grand Prix Series 10 km

(Women only)

Johannesburg, 11 October

Note: This was the final race of the series; the final points standings appear in the News section below. Unfortunately no clubs were provided with the results. René Kalmer, making a comeback after injury, finished tenth. – Ed.

1. Lebogang Phalula 35:08
2. Rutendo Nyahora (ZIM) 35:49
3. Lebo Phalula 36:22
4. Keneilwe Sesing 36:27
5. Chery-Lee Schoeman 36:39
6. Rosalyne David (KEN) 36:52
7. Nolene Conrad 37:11
8. Tebogo Masehla 37:29
9. Charné Bosman 37:31
10. René Kalmer 37:53

Veterans: 1. Janene Carey 42:39; 2. Ronel Thomas 42:57; 3. Melanie Jennett 43:59.
Masters: 1. Judy Bird 42:19; 2. Ansie Breytenbach 45:01; 3. Sarah Crooks 45:32.
Grandmasters: 1. Frances van Blerk 50:00; 2. Sonja Laxton 50:58; 3. Virginia Augustine

54:58. **Juniors:** 1. Chery-Lee Schoeman 36:39; 2. Nicole van der Merwe 38:23; 3. Simonay Weitsz 40:12.

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 10 October

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1585 [up from 1350 last year]; 10 km – 2030 [significantly up from 1270]; also 1100 in 5 km.)

Half marathon

MEN

1 Sibusiso Nzima (Nedbank) 71:57; 2 Lukhanyo Mabinza (Transnet) 72:14; 3 Shadrack Hoff (Boxer) 72:48 (1st vet).

Veterans: 1 Shadrack Hoff (Boxer) 72:48; 2 Enoch Skosana (Nedbank) 76:00. **Masters:** 1 Joseph Ndlovu (ACE) 84:22. **G'masters:** 1 Johan Nel (Irene) 95:30. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 1:49:37.

WOMEN

1 Caroline Wöstmann (Nedbank) 81:41; 2 Mpho Mabuza (Gallopers) 83:48; 3 Vuyokazi Gebe (Transnet) 89:52.

Veterans: 1 Mitsie v.d. Westhuizen (Runavation) 90:47; 2 Lethiwe Zondo (CSIR) 1:47:05. **Masters:** 1 Rita van Wyk (Boksburg) 1:50:58. **G'masters:** 1 Eileen Jones (Old Eds) 2:21:10.

10 km

MEN

1 Lesiba Peu (BCC) 31:54; 2 Africa Mailola (Nedbank) 32:17; 3 Donald Mashamatie (BCC) 32:27.

Veterans: 1 Siphon Ncube (ZIM/Maxed Elite) 34:25; 2 Enrico Flusk (PMMC) 38:46.

Masters: 1 Joseph Moloto (PMMC) 40:23. **G'masters:** 1 Machiel van Niekerk (Magnolia) 45:22. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 54:14. **80+:** 1 Ken Nurden (Agape) 55:49.

WOMEN

1 Catherine Skosana (Nedbank) 40:32; 2 Lisa Maritz (Irene) 41:12; 3 Marlise du Plessis (Runavation) 42:11.

Veterans: 1 Karin Hillhouse (Runavation) 44:47; 2 Patricia Forbes (Running Inn) 46:50.

Masters: 1 Ansie Breytenbach (Irene) 45:42. **G'masters:** 1 Vollie Spies (Tuks) 57:21.

G/g'masters: 1 Hettie Booysen (Std Bank) 92:35. **80+:** 1 Deirdre Larkin (Randburg) 64:28.

BAKgat 10 km

Bellville, 7 October

(Certified loop course with many corners. Weather: cool, pleasant running conditions. Finishers: 1002 [up from 804 last year].)

MEN

1. Jerome Andreas (Ind) 30:49
2. Vuyolwethu Mbukushe (Gugs) 30:54
3. Sityhilo Diko (Ned) 31:04

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 31:49; 2. Thembelani Zola (Well) 34:17; 3. Xolile Macanda (Gugs) 35:36. **Masters:** 1. Eric Coetzee (FNB) 34:24; 2. Johnny Persents (WR) 36:58; 3. André Harmse (Brack) 39:32. **G'masters:** 1. Muhammad Kriel (Ommie) 39:23; 2. Gemjikile Tom (Eskom) 41:35; 3. Garry Wilford (Durb) 43:02. **Juniors:** 1. Alanto Betille (Eerste) 32:54; 2. Denzil Byman (Itheke) 33:39; 3. Thembeko Mendu (Gugs) 34:45.

WOMEN

1. Nomvuyisi Seti (Itheke) 36:10
2. Tanith Maxwell (Boxer) 36:17
3. Ashleigh Simonis (Carb) 37:01 (1st jun)

Veterans: 1. Ursula Frans (Ned) 42:30; 2. Chantel Simpson (Ned) 43:16; 3. Angelique Rabie (Carb) 43:45. **Masters:** 1. Mariëtte Strauss (Tyger) 42:03; 2. Olga Howard (Celtic) 42:40; 3. Charmaine Cupido (Ned) 48:54. **G'masters:** 1. Nancy Will (Pine) 43:04 (WP rec); 2. Helen du Plessis (Tyger) 49:03; 3. Ruth Leverton (Pine) 55:29. **Juniors:** 1. Ashleigh Simonis (Carb) 37:01; 2. Busisiwe Gwala (VOB) 39:26; 3. Pamela Moyikwa (VOB) 42:05.

Windpomp Half Marathon

Graaff-Reinet, 3 October

(Distance: 21.1 km. Finishers: 290 [considerably up from 157 last year].)

MEN

1	Mzolisi	Makhanda	Nedbank RC EP	32	1:07:54
2	Ricardo	Swarts	Temp	23	1:08:01
3	Meschak	Haman	Temp	20	1:11:39
4	Aphlyn	Taai	Charlo AC	33	1:13:25
5	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	49	1:13:54
6	Patrick	Peta	Somerset East	39	1:14:18
7	Juwayne	Fletcher	Charlo AC	24	1:14:23
8	Maurice	Jaftha (1 st jun)	Schools EPA	18	1:21:15
9	Alfred	Malotana	Nedbank RC EP	45	1:22:05
10	Lesgtcoa	Tsetse	Temp	25	1:22:28
11	Kaizer	Cata	Temp	46	1:22:35
12	Jacques	Barnard	Despatch AC	39	1:22:36
13	Jan	Fick (1 st mast)	Graaff-Reinet RC	50	1:23:04
14	Marcus	Frolick	Graaff-Reinet RC	16	1:23:30
15	Errol	Whittal	Charlo AC	40	1:24:45
16	Moses	Mofokeng	Temp	25	1:25:21
17	Michael	Prince	Nedbank RC EP	41	1:25:47
18	Donovan	Matthews	Nedbank RC EP	31	1:26:05
19	Jean	Wright	Charlo AC	29	1:27:16
20	Benjamin	Miggels	Muirite Striders	40	1:28:50

40-44:

1	Errol	Whittal	Charlo AC	40	1:24:45
2	Michael	Prince	Nedbank RC EP	41	1:25:47
3	Benjamin	Miggels	Muirite Striders	40	1:28:50

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	49	1:13:54
2	Alfred	Malotana	Nedbank RC EP	45	1:22:05
3	Kaizer	Cata	Temp	46	1:22:35

50-54:

1	Jan	Fick	Graaff-Reinet RC	50	1:23:04
2	Frank	Piron	Charlo AC	52	1:34:23
3	Nico	Potgieter	Temp	50	1:38:31

55-59:

1	Jacob	Masimla	Graaff-Reinet RC	55	1:33:28
2	Chester	Brooks	X-Cel AC	57	1:36:14
3	Mike	Burger	Charlo AC	56	1:42:47

60-64:

1	Danie	Moore	Bloemfontein AC	61	1:43:48
2	Ken	Barwood	Achilles AAA	60	1:51:17
3	Charles	Luscombe	Temp	61	2:05:07

65-69:

1	Hansie	Els	Somerset East	67	1:37:47
2	Graham	Channon	Achilles AAA	66	1:45:29
3	Bob	Stedman	Achilles AAA	66	2:09:26

75-79:

1	Wilkie	De Jager	Graaff-Reinet RC	75	2:30:59
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Juniors:

1	Maurice	Jaftha	Schools EPA	18	1:21:15
2	Marcus	Frolick	Graaff-Reinet RC	16	1:23:30

WOMEN

1	Natalie	Ross	Rhodes University	25	1:24:47
2	Elmarie	Bezuidenhout	Charlo AC	33	1:29:08
3	Terray	Newcombe	Elite AC	24	1:34:26
4	Ilze	Nel (1 st vet)	Temp	44	1:37:18
5	Janine	Gardiner	Charlo AC	34	1:37:53
6	Talana	Vosloo	Nedbank RC EP	34	1:39:23
7	Maresa	Ah Kun	Bluewater Bay	39	1:41:40
8	Sunelle	Horne	Bluewater Bay	41	1:43:30
9	Melanie	Gorman	Charlo AC	31	1:43:49
10	Lisa	Liebenberg	Somerset East	24	1:45:30
11	Lorette	Luscombe (1 st mast)	Temp	57	1:48:44
12	Jeanette	Van Tonder	Profiles AC	33	1:48:46
13	Annelie	Gregory	Temp	41	1:49:22
14	Shannon	Gerber (1 st jun)	Achilles AAA	18	1:50:25
15	Anita	Boehmke	Achilles AAA	45	1:50:27
16	Marlize	Hayward	Despatch AC	34	1:50:34
17	Caroline	Ross	Rhodes University	25	1:51:04
18	Jenna	Snodgrass	Temp	33	1:51:06
19	Lauren-Lynn	Langeveldt	Temp	32	1:51:10
20	Martha	April	Temp	35	1:51:11

40-44:

1	Ilze	Nel	Temp	44	1:37:18
2	Sunelle	Horne	Bluewater Bay	41	1:43:30
3	Annelie	Gregory	Temp	41	1:49:22

45-49:

1	Anita	Boehmke	Achilles AAA	45	1:50:27
2	Paige	Lee	Charlo AC	49	1:54:36
3	Denise	Darlow	Charlo AC	47	1:58:00

50-54:

1	Belinda	Bain	Charlo AC	53	1:52:34
2	Aletta	Joubert	Crusaders AC	53	1:57:34
3	Charlene	De Coning	Crusaders AC	51	2:05:31

55-59:

1	Lorette	Luscombe	Temp	57	1:48:44
2	Christine	Snyman	Despatch AC	59	1:52:59
3	Amanda	Wolmarans	Walmer AC	56	1:53:07

60-64:

1	Cathy	Ives	Achilles AAA	62	1:57:52
2	Nicki	Van Niekerk	Muirite Striders	61	2:14:58
3	Jacomina	Van Niekerk	Temp	63	2:46:04

65-69:

1	Christine	Fourie	Elite AC	69	2:15:00
2	Hannatjie	Pieterse	Temp	65	3:17:33

Juniors:

1	Shannon	Gerber	Achilles AAA	18	1:50:25
2	Sasha	Kasperski	Temp	18	2:07:00
3	Christie	De Jager	Temp	18	2:07:01

Legends Half Marathon

East London, 3 October

(Distance: 21.1 km; loop course)

MEN

1	Joel Mmone	Fast Way AC	1:04:38
2	David Manja	Faku Chiefs	1:04:39
3	Lucky Mohale	Nedbank	1:05:34
4	Lungile Gongqa	Nedbank	1:05:36
5	Luwis Masunda	ZIM/Maxed Elite	1:05:57
6	Desmond Mokgobu	Mr Price	1:06:08
7	Kenneth Cheruiyot	KEN/ Brooks AC	1:06:20
8	Givemore Mudzinganyama	ZIM/Nedbank	1:06:29
9	Maunatlala Collen Mailola	Maxed Elite	1:06:29
10	Xolisa Tyali	Fast Way AC	1:07:04

WOMEN

1	Peris Jepkorir	KEN/Fast Way AC	1:15:55
2	Rutendo Nyahora	ZIM/Nedbank	1:17:00
3	Jenna Challenor	Temp	1:17:43
4	Jenet Dlamini	Umzimkhulu Striders	1:18:48
5	Keneilwe Sesing	Randmark	1:19:12
6	Liziwe Mabona	Transnet	1:19:28
7	Faithy Nyasango	ZIM	1:20:35
8	Ntombesintu Mfunzi	Nedbank	1:20:55
9	Zintle Xiniwe	FNB Multisport	1:23:09
10	Patience Murove	ZIM/Maxed Elite	1:23:15

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**Tufts Health Plan 10 km for Women** (39th)

(Women only/Also USA National 10 km Championships)

Boston, USA, 12 October

(Certified standard course)

1.	Molly Huddle, 31, Providence, RI	31:21 ER/CR/PB	\$4300 + 7750a
2.	Emily Sisson, 24, Providence, RI	32:18	2900 + 4750

3. Sentayehu Ejigu, 30, ETH	32:37	2500
4. Kim Conley, 29, W. Sacramento, CA	32:38	3750a
5. Brianne Nelson, 34, Golden, CO	32:48 PB	3200a
6. Monicah Ngige, 21, Lansing, MI (KEN)	32:52	
7. Rochelle Kanuho, 25, Flagstaff, AZ	33:04	2950a
8. Hannah Davidson, 25, Saratoga Springs, NY	33:06 PB	2350a
9. Alisha Williams, 33, Golden, CO	33:08	1900a
10. Katie Matthews, 24, Brighton, MA	33:09	1700a

a) Earned American Championships prize money

Bank of America Chicago Marathon (38th)

(An Abbott World Marathon Majors Event / IAAF Gold Label Road Race)

Chicago, USA, 11 October

(Distance: 42.195 km; certified loop course [prevalidated by IAAF measurer], almost completely flat)

MEN (gun times)

1. Dickson Chumba, KEN	2:09:25	\$100,000
	[1:05:13 / 1:04:12]	
2. Sammy Kitwara, KEN	2:09:50	50,000
3. Sammy Ndungu, KEN	2:10:06	25,000
4. Girmay Birhanu Gebru, ETH	2:10:07	15,000
5. Luke Puskedra, USA	2:10:24 PB	10,000 + 10,000a + 2,500ii
6. Wesley Korir, KEN	2:10:39	
7. Elkanah Kibet, USA	2:11:31 DB	7,500a + 2,500ii
8. Lucas Rotich, KEN	2:13:39	
9. Abera Kuma, ETH	2:13:44	
10. Fernando Cabada, USA	2:15:36	5,000a + 2,500ii

ii) Earned USA Development bonus (sub-2:18:00)

WOMEN (gun times)

1. Florence Kiplagat, KEN	2:23:33	\$100,000 + 5,000i
	[1:10:28 / 1:13:05]	
2. Yebrgual Melese, ETH	2:23:43	50,000
3. Birhane Dibaba, ETH	2:24:24	25,000
4. Kayoko Fukushi, JPN	2:24:25	15,000
5. Mulu Seboka, ETH	2:24:40	10,000
6. Meskerem Assefa, ETH	2:25:11 PB	
7. Deena Kastor, 42, USA	2:27:47 NR W4044	10,000a + 2000m + 2,500ii
	[Also 30-K, 1:45:04 NR W4044]	
8. Diane Nukuri, BDI	2:29:13	
9. Jessica Draskau Petersson, DEN	2:30:07 PB	
10. Sara Hall, USA	2:31:14 PB	7,500a + 2,500ii

ii) Earned USA Development bonus (sub-2:43:00)

NEWS**SPAR GRAND PRIX POINTS TABLE**

The final Spar Grand Prix points table for 2015 is:

OPEN

1	Lebogang Phalula	Transnet/Boxer	95	R150 000
2	Lebo Phalula	Boxer	72	R50 000
3=	Mapaseka Makhanya	Nedbank	67	R27 500
3=	Nolene Conrad	Boxer/KPMG	67	R27 500
5	Cornelia Joubert	Nedbank	65	R20 000
6	René Kalmer	Mod Athlete	58	R15 000
7	Christine Kalmer	Boxer	53	R10 000
8	Ntombesintu Mfunzi	Nedbank	47	R9000
9	Irvette van Zyl	Nedbank	39	R8000
10	Bulelwa Simae	Nedbank	35	R7000
11	Chery-Lee Schoeman	KPMG	32	R6000
12=	Thembi Baloyi	TUT	26	R4500
12=	Charné Bosman	Nedbank	26	R4500
14	Tebogo Masehla	Boxer	25	R3000
15	Keneilwe Sesing	Randmark	22	R2000
16	Nicole van der Merwe	Marais Viljoen/KPMG	21	
17	Liziwe Mabona	Transnet	16	
18=	Zintle Xiniwe	Temp	15	
18=	Glenrose Xaba	Transnet	15	
20	Marelise Retief	Boxer	14	

Veterans:

1	Janene Carey	Boxer	30	R4000
2	Ronel Thomas	Boxer	14	R3000
3	Lana Theunissen	Nedbank	7	R1500

Masters:

1	Judy Bird	Midrand	30	R4000
2	Ansie Breytenbach	Irene	11	R3000
3	Elmarie Coetzee	Cape MS	10	R1500

G'masters:

1	Margie Saunders	Nedbank	25	R4000
2	Sonja Laxton	RAC	19	R3000
3	Francis van Blerk	Nedbank	14	R1500

Juniors:

1	Nicole van der Merwe	Marais Viljoen/KPMG	19	R4000
2	Simonay Weitsz	Boxer	16	R3000
3	Chery-Lee Schoeman	KPMG	15	R1500

BACKGROUND

This article by David Monti for *Race Results Weekly* was distributed before yesterday's Chicago Marathon. Samuelson decided against running because of the stomach virus which she mentions in the interview. – Ed.

SAMUELSON CELEBRATES 30TH ANNIVERSARY OF RECORD RUN IN CHICAGO

Wearing her red and white Athletics West kit, 28-year-old Joan Benoit stepped to the starting line of the Chicago Marathon 30 years ago this month as the first-ever women's Olympic marathon champion. She was simply known as "Joanie," the plain-spoken New

Englander from Cape Elizabeth, Maine, whose one-minute and 26-second Olympic victory in Los Angeles the year before captured the imagination of American sports fans and helped launch a still-growing boom in distance running for women.

But in that race here in 1985 she was perhaps not the favorite for victory. Six months earlier, Norway's Ingrid Kristiansen had shattered the world marathon record, running 2:21:06 at the London Marathon, the first-ever sub-2:22 marathon by a woman. Kristiansen was on the starting line with Benoit (now Samuelson) as was Portugal's Rosa Mota, the 1984 Olympic bronze medalist who would go on to win the Olympic title in 1988.

"It really has been one of my most favorite memories in the sport," said Samuelson last week, speaking to a small group of reporters. She continued: "Rosa was the third place finisher in the L.A. Olympics, the inaugural women's Olympics. And then she went on to win the gold in Seoul. Ingrid at the time had the world's best time, so it was a big-time field."

Steve Jones went out hard in the men's race, dusting the field by nearly a minute to win in 2:07:13, just one second off of Carlos Lopes's world record. But the women ran hard, too. Kristiansen and Samuelson -- and a few brave amateur men -- went out at a sub-2:20 pace. Mota chose to hang back.

"I just remember running head-to-head with Ingrid," said Samuelson, who now wears her silver hair shoulder-length. "It was a gray day, and I was just hoping she would break at 10 (miles). I said I will try to hold on to her until 13, and she started to fall of the pace a little bit at 10."

Samuelson took over the lead, but Kristiansen stayed close. She went through the 17-mile (27 km) point on a 2:20:12 pace, which was too hot for Kristiansen.

"I just said, oh my God, you've just got to stay strong and go for it," Samuelson recounted.

Samuelson left Kristiansen, pulling away to run a solo 2:21:21, shattering her own American record of 2:26:12, and even surpassing her American "best" of 2:22:43 set at the 1983 Boston Marathon (that course isn't eligible for record-setting). Her mark would stand up for over 17 years until Deena Kastor broke it in the 2003 London Marathon when she ran 2:21:16.

"To be able to hold on in that race and come up on top was almost as special as the Olympic win," said Samuelson, who admitted that she had made an error in her preparations and perhaps could have run faster.

"I do have one regret," she said. "And that was I didn't look at the race course before I ran. I never look at marathon race courses before I run the actual race, because what I don't know can't hurt me. Had I known where the finish line was, because all of a sudden, there was the finish line, and I still had something in the tank."

On Sunday here, Samuelson hopes to run the race, but a health problem will prevent her from trying to run her goal of running 2:51:21, an extraordinary mark for a 58-year-old.

"I've been dealing with a stomach virus, so it will be a game-time decision," Samuelson said. "My original thought was to run within 30 minutes of my original time 30 years ago, and I was on target to do so. As all marathoners walk or run a fine line, I was on that fine line three weeks ago, and started to fall apart a little bit. We'll see if I'm well enough to



Joan Samuelson with Chicago Marathon Race Director Carey Pinkowski before yesterday's marathon. [David Monti/Race Results Weekly]

cover the distance. That's not my style, but it's the 30th anniversary and it's a big deal for me. I've worked hard."

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2015. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. The quality of the Sanlam Cape Town Marathon is evident from the list – half of the times were run there, with only two coming in the SA Marathon.

2015 MARATHON: TOP 10 MEN

2:11:59	Lungile Gongqa	Cape Town	20 Sep
2:12:29	Michael Mazibuko	Cape Town	20 Sep
2:15:17	Desmond Mokgobu	Santiago	12 Apr
2:15:38	Sibusiso Nzima	Cape Town	20 Sep
2:16:25A	Lusapho April	Boston	20 Apr
2:17:12	Hendrick Ramaala	Cape Town	20 Sep
2:17:26	Coolboy Ngamole	Mossel Bay	26 Sep
2:17:37	Lukas Jani	Dubai	23 Jan
2:17:45	Mthandazo Qhina	Cape Town	20 Sep
2:18:37	Raphael Segodi	Mossel Bay	26 Sep

THIS MONTH IN HISTORY

44 years ago: 20 October 1971

Only one South African steeplechase record has ever been set in October. On this day in Pretoria the tough policeman Frans le Grange broke Giulio Nardini's record by more than 3 seconds with his 8:54.0. In second was his mentor, Willie Olivier, who is 14 years older than Le Grange (who was then 23). Before the year was out, Le Grange broke the record two more times, with the last mark (8:45.5) coming on the sixth anniversary of Nardini's record, 18 December. Olivier, who had beaten Le Grange for the SA title earlier in the year, finished second in both these races.

□ The photograph shows Frans le Grange (left) and Willie Olivier at Olivier's 80th birthday celebration last year. [Riël Hauman]



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.

MENOpen

10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jul
	62:06	Lucky Modike Mohale	Port Elizabeth	
	60:40A	Stephen Mokoka	South Shields	
	59:14	Bitan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadesse (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		04 Jan
	1:37:54	Duane Fortuin	Camps Bay	
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:11:59	Lungile Gongqa	Cape Town	20 Sep
	2:04:00	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	9:42:12	Gcobani Ngqola (vet)	Cape Town	26 Sep
	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	9:42:12	Gcobani Ngqola	Cape Town	26 Sep
	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	75:12	Eric Coetzee	Cape Town	11 Oct
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	
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	14:03:58	Julian Ohlson	Cape Town	26 Sep
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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	14:21:53	Ric Marini	Cape Town	26 Sep

Juniors

10 km	30:12	Kabelo Melamu	Cape Town	20 Sep
	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
	2:19:25	Gladys Cherono (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	10:00:37	Martha Pretorius (vet)	Cape Town	26 Sep
	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 1:51:37	Adele Waldron Mieke Pullen (NED) 2001	Camps Bay	04 Jan
Marathon	2:53:38	Gillian Sieling	London	26 Apr
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	10:00:37 7:00:27	Martha Pretorius Normi Sakurai (JPN) 2007	Cape Town	26 Sep

Masters (50+)

10 km	39:23 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Durban	07 Jun
15 km	61:03 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Ravensmead	14 Mar
21.1 km	90:02 76:07	Jane Mudau Tatyana Pozdniakova (UKR) 2006	Polokwane	09 Aug
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 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Polokwane	28 Mar
100 km				

Grandmasters (60+)

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	2:20:41	Francis van Blerk	Brits	03 Oct
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:14:37 3:30:47A	Nancy Will Nancy Will	Cape Town Simon's Town	20 Sep 15 Feb
100 km				

Juniors

10 km	34:41 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Cape Town	20 Sep
15 km	58:12 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	20 Jun
21.1 km	84:17 1:09:05	Nonhlanhla Dlamini Delilah Asiago (KEN) 1991	Cape Town	04 Apr

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