

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

This issue includes the results of two ultramarathons: the Karoo race over 80 km, which was run for the 45th time in Laingsburg, with the wins going to Siviwe Nkombi and Vanessa Bowman (third time in a row); and the Legends 68 km in East London, where the winners were foreigners – Collen Makaza (ZIM) and Jennifer Koech (KEN), both running for Nedbank.

The downhill Meiringspoort Half Marathon at De Rust was won by Lloyd Bosman in 1:04:39 this weekend, with Etienne Plaatjies second in 1:05:11 and Elfonzo Pieterse third in 1:08:18. Sadly, the women's results as published on the Athletics SWD website contain so many errors that it does not make sense to include them here. The 10 km went to Gershwill Jacobs in 30:46 and Lana Theunissen in 40:06.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Goss & Balfe Sapphire Coast Marathon & Half Marathon, Scottburgh to Amanzimtoti
- * Constantia Valley Grape Run Half Marathon & 14 km, Constantia
- * Silver Queen Runway Night Race, Ysterplaat
- * Trevor Gee 10 km, East London
- * Karoo Ultramarathon, Laingsburg
- * Legends Ultramarathon, East London

International highlights:

- * TCS Amsterdam Marathon, Amsterdam, NED
- * Scotiabank Toronto Waterfront Marathon, Toronto, CAN
- * Medio Maratón Ciudad de Valencia, Valencia, ESP
- * Maratonina Città di Cremona, Cremona, ITA
- * ASICS Grand 10 Berlin, Berlin, GER
- * Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
- * De Lage Landen Marathon Eindhoven, Eindhoven, NED
- * B.A.A. Half Marathon, Boston, USA
- * 20 km de Paris, Paris, FRA
- * XC: NCAA Division I Pre-Nationals, Louisville, USA; Wisconsin adidas Invitational, Madison, USA; Royals XC Challenge, Charlotte, USA
- * Warrior Dash World Championships, Pulaski, USA; Ironman Triathlon World Championships, Kona, USA

ROAD RUNNING

Goss & Balfe Sapphire Coast Marathon (18th) & Half Marathon

Scottburgh to Amanzimtoti, 18 October

(Distances: 42.195 km & 21.1 km; point-to-point courses)

Note: The event used to be called South Coast Marathon and Half Marathon. Just 15 days after winning the Karoo Ultramarathon over 80 km, Vanessa Bowman ran the half marathon here. – Ed.

Marathon

MEN

1 Mthembeni Emanuel Nzama (Nedbank) 2:34:44, 2 Eric Ngubane (Nedbank) 2:35:58, 3 Michael Mzobe (M Elite) 2:37:17.

40-49: 1 Shingirai Badza (ZIM/M Elite) 2:42:20, 2 Petros Zweni (Dolphin Coast Striders) 2:58:44, 3 July Ndlovu (NRB Harriers) 3:02:16. **50-59:** 1 Edmund Mngadi (Stella) 3:12:14, 2 Cosmos Langa (Correctional Services) 3:21:52, 3 Kenny Swartz (East Griqualand Striders) 3:29:11. **60+:** 1 Michael Cowling Saints AC 3:58:33,

WOMEN

1 Lisa Collett (Nedbank) 3:24:33, 2 Ashleigh White (DHS Old Boys) 3:27:31, 3 Jana Niehaus (Riverside Harriers) 3:34:53.

40-49: 1 Ashleigh White (DHS Old Boys) 3:27:31, 2 Pat Dammann (Vitality) 3:38:59, 3 Nicola Hewitt (Riverside Harriers) 3:47:37. **50-59:** 1 Daniela Papini (Savages) 4:07:43, 2 Khaya Mahlati (DAC) 4:19:06, 3 Tes Lundie (Assegaa MC) 4:30:28. **60+:** 1 Maureen Parry (Chiltern) 4:46:36.

Half marathon

MEN

1 Lungisani Ximba (Klip River Striders) 1:13:52, 2 Sphelele Zondi (Amaqhawwe) 1:14:20, 3 Stephen Caelers (M Elite) 1:15:40.

40-49: 1 Mbhekeni Eric Ndovela (SCS) 1:21:50, 2 Paul Eichert (Westville) 1:23:52, 3 Eugene Ncube (Phumanathi) 1:24:37.

50-59: 1 Sipho Majombozi (Boxer) 1:32:32, 2 Derrick Mazibuko (Westville) 1:35:52, 3 Mike Thackray (HV) 1:36:21. **60+:** 1 Aubrey Roberts (Westville) 1:32:34. **Juniors:** 1 Mpumelelo Mveli (YWP) 1:21:31.

WOMEN

1 Zama Mokoena (M Elite) 1:33:26, 2 Michelle De Montille (HV) 1:33:47, 3 Leigh Privett (Wanderers) 1:36:02.

40-49: 1 Sue Malherbe (Hilton Harriers) 1:47:59, 2 Vanessa Bowman (Kempton) 1:49:41, 3 Maureen Slack (Westville) 1:51:07. **50-59:** 1 Teresa Scott (PDAC) 2:07:31, 2 Sarah Anne Chadwick (Westville) 2:12:23, 3 Delyse Grenfell (HV) 2:19:07. **60+:** 1 Sheree Kirsten (Westville) 1:55:13. **Juniors:** 1 Sarah Morrison Young (SCS) 2:49:12.

Constantia Valley Grape Run Half Marathon & 14 km

Constantia, 18 October

(Distances: 21.1 km & 14 km; loop courses, very hilly, partly on gravel through vineyards and forest. Finishers: half marathon – 875 [down from 912 last year]; "14 km" – 835 [up from 798].)

Note: Because of a marshalling error the distance of the 14 km was only 10.6 km. Just 15 days after winning the Karoo Ultramarathon over 80 km, Siviwe Nkombi ran this very difficult half marathon (which he won in 2014). Fortunate Chidzivo, who was second to Busisiwe Matiwane last year, took the title this time, with Matiwane winning the shorter race. – Ed.

Half marathon

MEN

1. Bernard Rukadza (ZIM/Gugs) 1:12:11
2. Mthandazo Qhina (Ned) 1:13:43
3. Siviwe Nkombi (Itheke) 1:13:53

Veterans: 1. Quinton Prince (Met) 1:25:16; 2. Colin George (VOB) 1:27:17; 3. Mark Kalis (Celtic) 1:37:23. **Masters:** 1. Eric Coetzee (FNB) 1:25:45; 2. Shafiek Cassiem (Itheke) 1:36:38; 3. André Harmse (Brack) 1:37:24. **G'masters:** 1. Jeff Smith (Itheke) 1:45:55; 2. Ashaan Davids (Ommie) 1:53:04; 3. Albert Williams (Top) 1:56:43. **G/g'masters:** 1. Brian Key (Forest) 1:50:48.

WOMEN

1. Fortunate Chidzivo (ZIM/Celtic) 1:35:19
2. Candyce Hall (Carb) 1:42:12
3. Rebecca Maier (AAC) 1:44:20

Veterans: 1. Angelique Rabie (Carb) 1:44:30; 2. Melany Porter (Pine) 1:49:21; 3. Jacky Misroll (Pine) 1:50:56. **Masters:** 1. Olga Howard (Celtic) 1:49:12; 2. Anne Pool (Strand) 1:59:59; 3. Roldah Orrie (Itheke) 2:01:00. **G'masters:** 1. Nancy Will (Pine) 1:58:57; 2. Helen du Plessis (Tyger) 2:01:43; 3. Chippy Steel (Hout) 2:26:17. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:21:17.

"14 km"

MEN

1. Nkosinathi Sotyantya (Itheke) 38:15
2. Reuben Mhashu (Hout) 38:20
3. Sihle Mapukata (ME) 38:27

Veterans: 1. Xolile Macanda (Gugs) 42:36; 2. Gcobani Ngqaqa (WR) 44:10; 3. Youssef Kanouni (Central) 44:50. **Masters:** 1. Monde Tutani (Gugs) 42:57; 2. Derek Oehley (Harf) 45:05; 3. Angus Kleinsmith (SH) 49:27. **G'masters:** 1. Gemzikile Tom (Eskom) 46:41; 2. Paul San Giorgio (VOB) 53:38; 3. Ian Bocock (Frest) 54:49. **G/g'masters:** 1. David Kennett (VOB) 60:12. **Juniors:** 1. 1. Denzil Byman (Itheke) 39:08; 2. Martin Makumba (Hout) 43:37; 3. Azola Magabuka (Hout) 44:14.

WOMEN

1. Busisiwe Matiwane (Celtic) 46:27 (1st vet)
2. Elin Stenersen (Ind) 50:09
3. Rose Jenkins (Ind) 51:38

Veterans: 1. Busisiwe Matiwane (Celtic) 46:27; 2. Varisa Domingo (VOB) 52:38; 3. Eunice James (Gugs) 53:43. **Masters:** 1. Bev Charters (VOB) 52:27; 2. Brigid Hamilton Russell (Harf) 54:03; 3. Tina Harkett (AAC) 56:22. **G'masters:** 1. Leora Braude (Ind) 64:03; 2. Ruth Leverton (Pine) 64:42; 3. Theresa Isaacs (VOB) 65:45. **G/g'masters:** 1. Marlene

James (Pine) 68:44. **Juniors:** 1. Heike Laishley (CC) 74:34; 2. Jameela Rawood (Itheko) 78:39.

Silver Queen Runway Night Race

Ysterplaat, 14 October

(Distance: 10 km; certified loop course. Weather: overcast and windy. Finishers: 712.)

MEN

1. Vuyolwethu Mbukushe (Gugs) 31:31 (R350)
2. Sityhilo Diko (Ned) 31:41 (R300)
3. Denzil Paulse (East) 31:43 (R250)

Veterans: 1. Vuyani Sixaso (WR) 35:39 (R300); 2. Desmond Pieterse (SANDF) 38:59 (R200); 3. André Bresler (Tyger) 40:10 (R150). **Masters:** 1. Eric Coetzee (FNB) 36:12 (R250); 2. Zolani Ntsodo (SANDF) 39:22 (R150); 3. André Harmse (Brack) 40:27 (R100). **G'masters:** 1. Albert Williams (Top) 46:03 (R180); 2. Paul San Giorgio (VOB) 47:10 (R100); 3. Johan van Zyl (Sanlam) 43:30 (R80). **Juniors:** 1. Thembeko Mendu (Gugs) 35:16 (R150); 2. Jason Neels (UWC) 35:50 (R100); 3. Timon Nieuwstadt (Bell) 35:56 (R80).

WOMEN (Same prize money as men)

1. Ashleigh Simonis (Carb) 37:17 (1st jun)
2. Candyce Hall (Carb) 40:53
3. Busisiwe Gwala (VOB) 41:49

Veterans: 1. Jackie Misroll (Pine) 46:46; 2. Zethema October (Ravens) 48:20; 3. Inge Reissenzahn (Pine) 50:14. **Masters:** 1. Mariëtte Strauss (Tyger) 42:45; 2. Lollos Rodseth (Durb) 49:30; 3. Ruldah Orrie (Itheko) 50:05. **G'masters:** 1. Nancy Will (Pine) 48:06; 2. Helen du Plessis (Tyger) 48:42; 3. Ruth Leverton (PineZ) 53:58. **Juniors:** 1. Ashleigh Simonis (Carb) 37:17; 2. Busisiwe Gwala (VOB) 41:49; 3. Katharina Gensicke (Pine) 67:47.

Trevor Gee 10 km

East London, 11 October

(Finishers: 134)

MEN

1. Monde Polisiti (Ox Strid), 17, 33:59
2. Lilhobe Menzelili (Real G), 16, 38:04
3. Siyabonga Lele (AS), 31, 38:07

WOMEN

1. Christine Roux (Ox Strid), 47, 60:18
2. Siphendulwe Mahlangeni (Ind), 21, 60:34
3. Janeen Kleinhans (Ind), 51, 62:07

Karoo Ultramarathon (45th)

Laingsburg, 3 October

(Distance: 80 km; loop course, partly on gravel. Finishers: 82 [considerably down from 123 last year].)

Note: Vanessa Bowman finished 13th overall, winning for the third time in a row (but with her slowest time) and by almost the same margin (28:58) as last year. – Ed.

MEN

1	S	Nkombi	26	Itheko	5:33:40
2	T	Magagula	38	GCH	5:35:48
3	L	Mapoyi	29	Wild Runner	5:46:13
4	L	Mapoto	26	Great Elim	5:49:09
5	Z	Vapi	43	GCH	5:56:10

WOMEN

1	V	Bowman	45	Kempton	7:18:08
2	M	Pretorius	45	SANDF	7:47:06
3	L	Peddle	32	Strand	7:53:02
4	R	Phillipson-Meyer	33	Hartenbos	8:06:13
5	M	De Vries	42	Strand	8:20:40

Legends Ultramarathon

East London, 3 October

(Distance: 68 km; point to point from Bisho)

Note: The results of the half marathon were included last week. Unfortunately most of the men's clubs as provided to DRR were wrong. Here is the correct result. – Ed.

1	Joel Mmone	Ned CNW	1:04:38
2	David Manja	Ned CNW	1:04:39
3	Lucky Mohale	Boxer	1:05:34
4	Lungile Gongqa	Ned WPA	1:05:36
5	Luwis Masunda	ZIM/Ned AGN	1:05:57
6	Desmond Mokgobu	Boxer	1:06:08
7	Kenneth Cheruiyot	KEN/ Fast Way	1:06:20
8	Givemore Mudzinganyama	ZIM/CR	1:06:29
9	Maunatlala Collen Mailola	Ned	1:06:29
10	Xolisa Tyali	Ned	1:07:04

Ultramarathon**MEN**

1. Collen Makaza (ZIM/Ned CNW) 3:53:42
2. Bongmusa Mthembu (Ned CNW) 3:55:49
3. Ludwick Mamabolo (Boxer) 3:58:00
4. Claude Moshiywa (Ned) 3:58:23
5. Temo Rampuku (Ned AGN) 4:05:45
6. Marko Mambo (ZIM/Boxer) 4:08:30
7. Mmanoko William Mokwalakwa (Fast) 4:09:04
8. Sepitle Raymond Phaladi (CR) 4:09:12
9. Thuso Mosiea (Ned) 4:10:16
10. Andrew Chimbidzikai (ZIM/Ned) 4:12:19

WOMEN

1. Jennifer Koech (KEN/Ned) 5:01:04
2. Monica Kativhu (ZIM) 5:05:46
3. Azwindini Gladys Lukhwareni (Ned) 5:07:38
4. Fikile Mbuthuma (Ned) 5:08:39
5. Alemtsehay Hailu Kakissa (ETH/Ned AGN) 5:24:50
6. Jane Mudau (Ind) 5:49:19
7. Xoliswa Bici (Ned) 5:57:54
8. Merriam Phahlakazi (Trans) 6:12:01
9. Sarah Mahlangu (West R) 6:15:31
10. Charisse Hansen (Lange) 6:28:21

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

TCS Amsterdam Marathon (40th)

(IAAF Gold Label Road Race)

Amsterdam, NED, 18 October

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

MEN (gun times)

1. Bernard Kipyego, KEN	2:06:19 PB
2. Ezekiel Chebii, KEN	2:07:18 PB
3. Mike Kigen, KEN	2:07:45
4. Chala Dechase, ETH	2:08:25
5. Wilson Chebet, KEN	2:08:45
6. Seboka Nigusse, ETH	2:09:14 PB
7. Jacob Kendagor, KEN	2:10:13
8. Abdi Nageeye, NED	2:10:24 PB
9. Eliud Tarus, KEN	2:10:45
10. Abel Kirui, KEN	2:10:55
Tsegaye Mekonnen, ETH	DNF
Markos Geneti, ETH	DNF

WOMEN (gun times)

1. Joyce Chepkirui, KEN	2:24:11 PB
2. Flomena Cheyech, KEN	2:24:38
3. Milly Clark, AUS	2:29:07 DB
4. Workitu Ayanu, ETH	2:29:46
5. Adero Nyakisi, UGA	2:34:54 DB
6. Inge de Jong, NED	2:37:08 PB

Scotiabank Toronto Waterfront Marathon (16th)

(Canadian Marathon Championships)

Toronto, CAN, 18 October

(Distance: 42.195 km)

MEN (gun times)

1. Ishmael Chemtan Bushendich, KEN	2:09:00.0	CAD 20,000
2. Gilbert Kirwa, KEN	2:09:00.5	12,000
3. Laban Korir, KEN	2:09:20	8,000
4. Robert Chemosin, KEN	2:09:38	6,000
5. Belay Asefa, ETH	2:10:32	4,000

WOMEN (gun times)

1. Shure Demise, 1996, ETH	2:23:36.6	CAD 20,000
=2. Sharon Cherop, KEN	2:24:16.0	12,000
=2. Fatuma Sado, ETH	2:24:16.0 PB	12,000
4. Monica Jepkoech, KEN	2:27:26 PB	6,000
5. Lanni Marchant, CAN	2:28:09	4,000 + 5,000c
6. Atsedie Habtamu, ETH	2:29:40	3,000

c) Earned Canadian championships prize money

Medio Maratón Ciudad de Valencia (25th)

Valencia, ESP, 18 October

(Distance: 21.1 km; two-loop course with no start/finish separation)

MEN (gun times)

1. Abraham Cheroben, KEN	59:10	WL € 3000
2. Matthew Kisorio, KEN	59:52	1500
3. Dawit Weldeslasie Hagos, ERI	1:00:26	PB 1000
4. Hizkeal Tewelde Gherbru, ERI	1:00:31	PB 750
5. Simon Cheprot, KEN	1:00:56	500
6. John Lotiang, KEN	1:01:04	250
7. Mustapha El Aziz, MAR	1:01:05	PB 250
8. Kidane Tadesse Habtesilase, ERI	1:01:06	PB 250
9. Lemi Berhanu Hayle, ETH	1:01:37	PB 250
10. Titus Mbishei, KEN	1:01:47	250

WOMEN (gun times)

1. Netsanet Gudeta Kebede, ETH	1:07:31	CR € 3000 + 3000*
2. Worknesh Degefa Debele, ETH	1:07:51	1500
3. Tenet Yalew Kassahun, ETH	1:08:12	1000
4. Rose Chelimo, KEN	1:08:54	750
5. Peninah Arusei, KEN	1:10:08	500
6. Esther Chemtai Ndiema, KEN	1:10:10	250
7. Polline Wanjiku Njeru, KEN	1:10:28	250
8. Mao Kiyota, JPN	1:10:31	PB 250
9. Emily Chemutai Ngetich, KEN	1:11:06	250
10. Pasalia Chepkorir Kipkoech, KEN	1:11:36	250

*) Course record bonus.

Maratonina Città di Cremona (14th)

Cremona, ITA, 18 October

(Distance: 21.1 km; one-loop course with no start/finish separation)

MEN (gun times)

1. Solomon Kirwa YEGO, KEN	1:01:33	€ 1400
2. Bernard Kiplangat BETT, KEN	1:01:58	900
3. Hailu Bekele ZEWEDU, ETH	1:02:06	500

WOMEN (gun times)

1. Alice Jepkemboi KIMUTAI, KEN	1:11:14	€ 1400
2. Martha AKENO, KEN	1:12:15	900

ASICS Grand 10 Berlin (8th)

Berlin, GER, 11 October

(Distance: 10 km)

MEN (gun times)

1. Joshua Cheptegei, UGA	27:50	NR/PB
[14:21 / 13:29]		
2. Philemon Cheboi, KEN	28:05	PB

- [14:21 / 13:44]
 3. Abayneh Degu Tsehay, ETH 28:05
 [14:22 / 13:43]
 4. Arne Gabius, GER 28:07 PB
 5. John Langat, KEN 28:08
 6. Paul Kipsiele Koech, KEN 28:25 DB

WOMEN (gun times)

1. Gladys Chesire, KEN 30:41 WL/PB
 [15:30 / 15:11]
 2. Alice Nawowuna, KEN 31:02 PB
 [15:44 / 15:18]
 3. Sutume Asefa Kebede, ETH 31:11 PB
 4. Caroline Chepkemai, KEN 31:59 PB
 5. Clemence Calvin, FRA 32:00 PB

Dong-A Ilbo Gyeongju Marathon

Gyeongju, KOR, 11 October

(Distance: 42.195 km; loop course)

MEN (gun times)

1. Wilson Loyanai, KEN, 2:07:01
 2. Joel Kemboi, KEN 2:08:11 PB
 3. Ayele Abshero, ETH 2:08:53

WOMEN (gun times)

1. Lee Sook-Jung, KOR 2:39:21
 2. Park Myong-Ah, KOR 2:42:39
 3. Kim Su-Jin, KOR 2:43:23

De Lage Landen Marathon Eindhoven (32nd)

Eindhoven, NED, 11 October

(Distance: 42.195 km; two-loop course)

MEN (gun times)

1. Stephen Chebogut, KEN 2:05:52 PB
 2. Deriba Robi, ETH 2:05:58 PB
 3. Mark Kiptoo, KEN 2:06:00 PB
 4. Abayneh Woldegiorgis, ETH 2:07:16
 5. Edwin Kibet, KEN 2:08:17

WOMEN (gun times)

1. Els Rens, BEL 2:38:16 PB
 2. Myhre Marthe, NOR 2:41:54
 3. Eeva Sajanti, FIN 2:45:19

B.A.A. Half Marathon (15th)

Boston, USA, 11 October

(Distance: 21.1 km; certified hilly course with some rough surfaces and many turns, negligible start/finish separation)

MEN (gun times)

1. Daniel Salel, 24, Kenya 1:00:56 \$10,000 + 20,000^
 2. Stephen Sambu, 27, Kenya 1:01:18 6,000 + 10,000i

3. Eliud Ngetich, 21, Kenya	1:02:40 PB 4,000
4. Eric Ashe, 27, Boston, MA	1:05:48 2,500
5. Raji Assefa, 29, Ethiopia	1:05:53 1,200

^) Earned B.A.A. Distance Medley bonus for winning two B.A.A. events (B.A.A. 10 km and B.A.A. Half Marathon)

i) Earned B.A.A. Distance Medley bonus for placing in the top two in three of the four B.A.A. events (B.A.A. 5 km, 10 km, Half Marathon)

WOMEN (gun times)

1. Mary Wacera, 26, Kenya	1:10:21 \$10,000 + 20,000^
2. Cynthia Limo, 25, Kenya	1:10:22 6,000
3. Belaynesh Oljira, 25, Ethiopia	1:10:41 4,000
4. Caroline Rotich, 31, Santa Fe, NM (KEN)	1:10:45 2,500
5. Beverly Ramos, 28, Trujillo Alto, PUR	1:13:51 1,200

^) Earned B.A.A. Distance Medley bonus for winning two B.A.A. events (10 km and Half Marathon)

20 km de Paris (37th)

Paris, FRA, 11 October

(Certified record-standard course)

MEN

1. Stephen Ogari, KEN, 59:11
2. Muhajr Haredin Sraj, ETH, 59:12
3. Getachew Tedla Jemaneh, ETH, 59:13
4. Alfred Cherop, KEN, 59:23
5. Ezechiel Nizigiyimana, BDI, 59:32

WOMEN

1. Nancy Chepngetich Kimaiyo, KEN, 1:06:03
2. Lucy Njeri Macharia, KEN, 1:07:39
3. Nancy Arusei, KEN, 1:09:16

CROSS-COUNTRY

NCAA Division I Pre-Nationals

Louisville, USA, 17 October

WOMEN (6 km)

- | | |
|---|---------|
| 1. Erin Clark, JR, Colorado | 20:00.5 |
| 2. Hannah Everson, SR, Air Force | 20:01.2 |
| 3. Chelsea Blaase, SR, Tennessee | 20:02.6 |
| ... 11. Letitia Saayman, SR, Coastal Carolina (RSA) | 20:15.1 |
| ... 59. Kyla van Graan, JR, Coastal Carol. (RSA) | 20:53.9 |
| ... 75. Aynslee van Graan, SO, Coastal Carolina (RSA) | 21:00.0 |

Wisconsin adidas Invitational

Madison, USA, 16 October

WOMEN

Team results: 1. New Mexico, 32 points(!); 2. Arkansas, 188; 3. Virginia, 217.

1. Allie Ostrander	FR Boise State	19:19.5
2. Molly Seidel	SR Notre Dame	19:22.4
3. Dominique Scott	SR Arkansas (RSA)	19:32.5

Royals XC Challenge

Charlotte, USA, 9 October

MEN (8 km) - 1. Lawrence Kipkoech, Campbell (KEN), 23:32.3; 2. Amon Terer, Campbell (KEN), 23:32.8; 3. Austin Steagall, Unattached, 24:20.5.

WOMEN (5 km) - 1. Letitia Saayman, Coastal Carolina (RSA), 17:07.4; 2. Aynslee van Graan, Coastal Carolina (RSA), 17:40.2; 3. Caroline Yarbrough, Davidson, 17:43.6.

ULTRA/MOUNTAIN/TRAIL RUNNING/TRIATHLON

Warrior Dash World Championships

Pulaski, USA, 10 October

(Distance: 3.2 mi. with 12 obstacles)

Note: Max King successfully defended his title, but reigning women's champion Kimber Mattox was upset by Olympic steeplechaser Bridget Franek. – Ed.

MEN (extended gun times)

1. Max King	27:52.45	\$30,000
2. Joshua McAdams	28:21.75	10,000
3. Brett Hales	28:35.90	5,000

WOMEN (extended gun times)

1. Bridget Franek	32:22.50	\$30,000
2. Kimber Mattox	32:48.60	10,000
3. K.K. Paul	35:10.00	5,000

Ironman Triathlon World Championships

Kona, USA, 10 October

(Distances: 2.4 miles swim, 112 miles bike, 26.2 miles run)

Note: Colleen de Reuck, now 51 and still the SA marathon record holder, won her age group in 10:30:41 to finish 47th among the 662 women, reports *Race Results Weekly*. De Reuck started competing in triathlons in 2012 and here did the swim leg in 1:09:33, the bike leg in 5:53:14 and then ran the marathon in 3:19:09. The latter split was the 18th fastest among all the women and the fastest in her age group by 18 minutes. She will now begin to train for the 2016 US Olympic Trials Marathon on 13 February in Los Angeles. She earned a qualifying spot by winning the 2013 Indianapolis Monumental Marathon in 2:39:22. Although her best Olympic finish came in 1992 (when she placed 9th in the marathon for her native South Africa), De Reuck also competed in the 1996 (13th in the 10000 m) and 2000 Olympics (31st in the marathon) before gaining US citizenship in 2002. She continued to run strong into her 30s and 40s, earning the bronze medal at the 2002 World Cross-country Championships in Dublin in her first big race as an American citizen.

She won the 2004 US Olympic Trials Marathon in St. Louis in 2:28:25 at age 39 and went on to place 39th in the Athens Olympics later that year. De Reuck would go on to set ten American masters road race records in the 40–44 and 45–49 age groups, times ranging from a 15:48 5 km at age 40 to a 1:16:19 half marathon and 2:30:51 marathon when she was 46. Ironically, the day after the Ironman World Championships, 42-year-old Deena Kastor ran 2:27:47 at the Chicago Marathon to break De Reuck's US 40-and-older masters record in the marathon of 2:28:40 that she set in 2005. Colleen's husband, Darren (50) also competed in the Ironman World Championship. He finished in 11:10:50, which placed him 1040th overall. – Ed.

MEN

1. Jan Frodeno, GER 8:14:40
[50:50 / 4:27:27 / 2:52:21]
2. Andreas Raelert, GER 8:17:43
3. Timothy O'Donnell, USA 8:18:50

WOMEN

1. Daniela Ryf, SUI 8:57:57
[56:14 / 4:50:46 / 3:06:37]
2. Rachel Joyce, GBR 9:10:59
3. Liz Blatchford, AUS 9:14:52

STATS TIME

This week we include a list of the top eleven SA men in the 10 km 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. Secondary performances by the top three are also listed.

2015 10 KM: TOP 11 MEN

27:38	Stephen Lesego Mokoka	2	Manchester	10 May
28:33	Mokoka-2	1	Durban	01 Mar
28:34	William Kaptein	1	Cape Town	20 Sep
28:37	Joel Mmone	8	Taroudant	08 Mar
28:44	Gladwin Sibabalwe Mzazi	2	Durban	01 Mar
28:55	Sibusiso Nzima	3	Durban	01 Mar
29:10	Elroy Gelant	2	Cape Town	20 Sep
29:15	Lungile Gongqa	1	Kuils River	05 Sep
29:20	Abednego Mashaba	3	Cape Town	20 Sep
29:21	Xolisa Tyali	1	Port Elizabeth	11 Apr
29:36	Folavia Sehohle	4	Cape Town	20 Sep
29:36	Xolisani Zamkele	3	Port Elizabeth	11 Apr

THIS MONTH IN HISTORY

60 years ago: 2 October 1955

During the 1950s the Finns enjoyed supremacy in European marathoning, and the best of the nation's runners in the middle part of the decade was Veikko Karvonen, who in 1954 won the European title in Berne as well as the Boston Marathon. In September 1955 he regained the Finnish record in Copenhagen with 2:21:21.6 and on this day he lined up for the inaugural International Classical Marathon on the original Olympic course from Marathon to Athens. The race finished in the ancient Panathenaic Stadium and included the tough climb from 20 km to 32 km which was part of the 1896 Olympic race. Karvonen scored an overwhelming victory of more than 11½ minutes, reaching the finish in 2:27:30.

Second and third were runners from a nation that was not then known for marathon running: Egypt. A year later Karvonen would win the bronze medal in the Olympic Marathon.

□ The picture shows Karvonen winning the 1954 European Championships. [From Roger Gynn: *The Guinness Book of the Marathon*]



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		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 Tadese (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	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	14:03:58	Julian Ohlson	Cape Town	26 Sep

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		

WOMENOpen

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		
<u>Veterans (40+)</u>				
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	10:00:37	Martha Pretorius	Cape Town	26 Sep
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
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
	76:07	Tatyana Pozdniakova (UKR) 2006		
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
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
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	Nancy Will	Cape Town	20 Sep
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	34:41	Simonay Weitsz	Cape Town	20 Sep
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:12	Ashleigh Simonis	Eersterivier	20 Jun
	49:40	Ines Chenonge (KEN) 2001		

21.1 km 84:17 Nonhlanhla Dlamini Cape Town 04 Apr
 1:09:05 Delilah Asiago (KEN) 1991

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Nick Bester, Graham Reynolds, Event Timing

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



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