

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

Kenyans again reigned supreme in the TCS New York City Marathon yesterday, taking both top positions on the podium for the third time in a row. In the 45th running of the race Mary Keitany retained her title, while Stanley Biwott achieved his first win in an Abbott World Marathon Majors event. Their winning times were 2:24:25 and 2:10:34 respectively.

With the women splitting the half marathon as a pack of nine in 1:12:56, *Race Results Weekly* reports that the race was playing into Keitany's hands. Having run in New York three times before, Keitany knew that a move too early would likely backfire on the hills of Central Park. Thus, she waited until 30 km. "I understood the course. I know New York. Many times I've come to New York, and I know about the course," she said. "When I made my move around 30 km, I say 'okay, let me just go, and if somebody is more strong, she can come, and we can go.' I was ready to go with her, but fortunately they never got me."



A beaming Mary Keitany on the podium after her second victory in the TCS New York City Marathon. [Jane Monti/*Race Results Weekly*]

Steadily increasing her tempo with subsequent surges down Fifth Avenue, Keitany disposed of debutants Sally Kipyego and Laura Thweatt, as well as Sara Moreira and Christelle Daunay, and then the other East Africans with her -- Caroline Rotich, Tigist Tufa, Aselefech Mergia and Priscah Jeptoo. After the 21st mile, she was all alone. She ran the 21st, 22nd and 23rd miles in 5:14, 5:13 and 5:15 respectively, putting the race out of reach. When she crossed the finish she became the eighth woman to win in consecutive years. The last to accomplish the feat was Paula Radcliffe in 2007/2008.

The men's race turned into a pure speed contest when they crossed into The Bronx at 20 miles. Geoffrey Kamworor, the IAAF World Championships silver medallist at 10000 m, unleashed a 4:24 mile that turned contenders into pretenders. Surprisingly, former world record holder and defending champion Wilson Kipsang was one of the pretenders, left in the dust. Biwott, the 2012 Paris Marathon victor, and Lelisa Desisa matched the move,

continuing on with Kamworor through the 21st mile (4:31). Entering Central Park just prior to mile 24, Biwott continued to push.

"When I reached the park, I knew the course. I had been here two years ago. So I knew reaching the park there was an uphill," he said. "I was able to push towards the uphill and to maintain high speed and looking forward to the finishing line." Biwott covered the final 6.2 miles in 28:33 (2:51/km, or under 2:01:00 marathon pace), a blistering acceleration that took even Desisa and Kamworor by surprise.

South Africa's Two Oceans and Comrades champion Caroline Wöstmann failed in her quest to qualify for the Rio Olympics when she finished 18th in a disappointing 2:44:26, although it is a PB by 31 seconds.

The Old Mutual Soweto Marathon offered huge prize money, but produced pedestrian times – defending champion Sintayehu Legese Yinesu's mediocre 2:23:20 is the slowest winning time in the history of the race, while Harriet Jepchumba Chebore's 2:49:52 is the slowest since 2008. Foreign runners dominated the marathon, with only two South African men in the top ten (and they were ninth and tenth) and no women. The first South African woman was Paulina Njeya in twelfth (3:11:30). In the half marathon Elroy Gelant (1:06:33) and Lebogang Phalula (1:19:45) took the titles.

The Marseille-Cassis Classic 20 km in France (results in last week's DRR) was in fact approx. 400 m short due to road works.

With the late publication of our US partner newsletter Race Results Weekly this week, we will have more international results next week, as well as more detailed results of the New York City Marathon.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Landmarks Half Marathon, Rondebosch
- * Old Mutual Soweto Marathon, Half Marathon & 10 km, Soweto
- * Checkout Verulam Falcons Half Marathon & 10 km, Durban
- * Elsie's River AC 10 km, Elsie's River
- * Farm Run Half Marathon & 10 km, George
- * Build It Hospice Half Marathon & 10 km, Worcester
- * Paarlberg Half Marathon, Paarl

International highlights:

- * TCS New York City Marathon, New York, USA
 - * Tulsa Run 15 km, Tulsa, USA
 - * SSE Airtricity Dublin Marathon, Dublin, IRL
 - * Venice Marathon, Venezia, ITA
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ROAD RUNNING

Landmarks Half Marathon

Rondebosch, 1 November

(Distance: 21.1 km; certified hilly loop course. Weather: Torrential rain, very cold and windy. Finishers: 1835 [down from 1927 last year].)

Note: A repeat victory here for Zintle Xiniwe. Unfortunately some times are missing (in the two oldest women categories) because the timing clocks were influenced by the heavy rain and the printed timing slips were soaked. – Ed.

MEN

1. Lungile Gongqa (Ned) 68:08
2. Bernard Rukadza (ZIM/Gugs) 68:33
3. Nkosinathi Madyo (Itheke) 68:57
4. Vuyolwethu Mbukushe (Gugs) 70:08
5. Siviwe Nkombi (Itheke) 70:09

40-44: 1. Tsungai Mwanengeni (ZIM/Gugs) 73:29; 2. Thembelani Zola (Well) 76:28; 3. Pieter Koopman (Itheke) 76:52. **45-49:** 1. Graham Katzen (Celtic) 80:24; 2. Dion Middelkoop (VOB) 82:03; 3. Robert de Monk (VOB) 98:27. **50-54:** 1. Monde Tutani (Gugs) 83:48; 2. Shafiek Cassiem (Itheke) 89:27; 3. Lorenzo Lucas (Ned) 98:27. **55-59:** Eric Coetzee (FNB) 80:47; 2. Robert Arnold (Top) 90:38; 3. Paul Cieverts (Top) 96:21. **60-64:** 1. Muhammad Kriel (Ommie) 89:03; 2. Gemjikile Tom (Eskom) 94:45; 3. Herman van der Merwe (Krugers) 1:44:06. **65-69:** 1. Jimmy Morris (Forest) 96:24; 2. Jeff Smith (Ind) 1:40:06; 3. Neville Frieslich (FH) 1:46:23. **70+:** 1. Gideon Malherbe (Celtic) 1:59:27; 2. Robert Joubert (Ind) 2:07:21; 3. Wally Stutz (Hout) 2:12:44. **Juniors:** 1. Thembeko Mendu (Gugs) 80:18; 2. Simon Short (Pine) 85:41; 3. Martin Makumba (Hout) 88:27.

WOMEN

1. Zintle Xiniwe (FNB) 80:44
2. Bulelwa Simae (Ned) 84:02
3. Fortunate Chidzivo (ZIM/Celtic) 88:49
4. Rike Westermann (Asics) 89:27
5. Candyce Hall (Carb) 92:06

40-44: Busisiwe Matiwane (Celtic) 95:51; 2. Janet Adam (Harf) 97:20; 3. Marlize Vienings (Edge) 97:45. **45-49:** 1. Obertina Kanyongo (ZIM/WC) 93:19; 2. Ursula Frans (Ned) 1:40:07; 3. Jo Thomas (VOB) 1:41:16. **50-54:** Mariëtte Strauss (Tyger) 97:00; 2. Ester Brink (Strand) 98:36; 3. Karen Jennings (VOB) 1:44:46. **55-59:** 1. Olga Howard (Celtic) 1:42:57; 2. Bev Charters (VOB) 1:45:01; 3. Bridgette Hamilton-Russell (Harf) 1:47:57. **60-64:** 1. Nancy Will (Pine) 1:53:52; 2. Helen du Plessis (Tyger) 1:55:53; 3. Louisa van der Westhuizen (Stell) 2:04:24. **65-69:** Chippy Steel (Hout) n/t; 2. Ra-aida Daniels (Nantes) n/t; 3. Isa Alexander (HQH) n/t. **70+:** 1. Marlene James (Pine) n/t; 2. Heather Cooke (PN) n/t; 3. Jean Cammidge (FH) n/t.

Old Mutual Soweto Marathon (23rd), Half Marathon & 10 km

Soweto, 1 November

(Distances: 42.195 km, 21.1 km & 10 km; loop courses at altitude. Finishers: marathon – 4345 men + 836 women = 5181 total; half marathon – 2121 men + 1683 women = 3804 total; 10 km – 2722.)

Marathon

MEN

1. Sintayehu Legese Yinesu (ETH) 2:23:20 (R200 000)
2. Mike Fokoroni (ZIM) 2:24:12 (R120 000)

3. John Kirui (KEN) 2:24:42 (R90 000)
4. Sufa Chala Damessa (ETH) 2:25:31 (R45 000)
5. Lebenya Nkoka (LES) 2:26:45 (R35 000)
6. Ezekiel Tarus (KEN) 2:26:56 (R25 000)
7. Teboho Sello (LES) 2:27:53 (R15 000)
8. Tsepang Ramonene (LES) 2:29:11 (R10 000)
9. Leswene Africa Mailola 2:30:08 (R5000)
10. Kgosi Tsosane 2:30:31 (R3000)

WOMEN (Same prize money as men)

1. Harriet Jepchumba Chebore (KEN) 2:49:52
2. Amelework Fikadu Bosho (ETH) 2:50:15
3. Selam Abere Alebachew (ETH) 2:52:03
4. Peris Jepkorir (KEN) 2:55:03
5. Leena Ekandjo Ndeshimona (NAM) 2:55:59
6. Pauline Chepchumba (KEN) 2:56:30
7. Moleboheng Mafata (LES) 3:02:44
8. Chelitu Bogale Asefa (ETH) 3:04:00
9. Jennifer Koech (KEN) 3:04:42
10. Lineo Chaka (LES) 3:05:00

Half marathon

MEN

1. Elroy Gelant 1:06:33 (R10 000)
2. David Manja 1:07:39 (R5000)
3. Sibusiso Nzima 1:07:57 (R3000)
4. Xolisa Tyali 1:08:24 (R1500)
5. Jobo Khatoane (LES) 1:09:03 (R1000)
6. Philani Buthelezi 1:10:05
7. Lehlohonolo Raletsebele (LES) 1:10:16
8. Chabeli Sidwell Nyedimane 1:10:37
9. Tumelo Mahlangu 1:11:37
10. Thabiso Lethabane 1:11:47

WOMEN (Same prize money as men)

1. Lebogang Phalula 1:19:45
2. Keneilwe Sesing 1:20:56
3. Christine Kalmer 1:21:13
4. René Kalmer 1:21:52
5. Charné Bosman 1:22:18
6. Jenna Challenor 1:23:11
7. Mokhosazane Mhlongo 1:25:28
8. Ntebelang Letsela (LES) 1:25:37
9. Tebogo Masehla 1:27:26
10. Yanica Venter 1:32:31

10 km

MEN

1. Namakoe Nkhasi (LES) 31:16 (R5000)
2. Mthobisi Baloyi 31:36 (R3000)
3. Thabang Mosiako 31:40 (R2000)

WOMEN (Same prize money as men)

1. Rutendo Nyahora (ZIM) 36:23
2. Nolene Conrad 37:02
3. Lebo Phalula 37:16
4. Caster Semenya 42:56

Checkout Verulam Falcons Half Marathon & 10 km

Durban, 1 November

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Jabu Mkhize	Phantane AC	1:09:10
2.	Mbasobhi Gumede	Inanda Q	1:09:29
3.	Mwonde Mlongwe	Hammersdale AC	1:10:33

40-49:

1.	Dumiseni Mtaung	Nedbank AC	1:19:11
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50-59:

1.	Mike Thackray	HV	1:37:11
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Juniors:

1.	Mbasobhi Gumede	Inanda Q	1:09:29
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WOMEN

1.	Tanith Maxwell	Boxer AC	1:23:30
2.	Michelle de Montille	HV	1:33:34
3.	Jayde Constable	DHSOB	1:36:44

40-49:

1.	Sandy Mullins	Stella AC	2:02:44
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50-59:

1.	Blanche Moila	Savages AC	1:51:12
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60+:

1.	Sheree Kirsten	West AC	1:57:45
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10 km

MEN

1.	Adam Lipschitz	Durban Runner	31:46
2.	Tebo Khanye	Toti AC	32:36
3.	Simphiwe Zulu	Born 2 Run	33:31

WOMEN

1.	Janie Grundling	West AC	36:51
2.	Janene Carey	Boxer AC	40:11
3.	Zama Mokoena	Maxed Elite	40:26

Elsies River AC 10 km

Elsies River, 31 October

(Certified loop course, flat but with many turns. Weather: cool, windy. Finishers: 512 [significantly down from 810 last year].)

Note: New personal bests here for Anel Terblanche and junior Ashleigh Simonis. – Ed.

MEN

1.	Akhona Makila (VOB)	30:48
2.	Marks Mpekula (VOB)	30:52
3.	Tsungai Mwanengeni (ZIM/Gugs)	31:42

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 31:42; 2. John September (Itheko) 35:53; 3. Adam Clarke (Stell) 35:58. **Masters:** 1. Paul Cieverts (Top) 38:31; 2. André Harmse

(Brack) 38:43; 3. Charles de Wet (Held) 39:44. **G'masters:** 1. Paul San Giorgio (VOB) 45:49; 2. Riedewaan Salie (Central) 48:10; 3. Kevin Kohler (Edge) 49:52. **Juniors:** 1. Juwayden Baartman (Eerste) 33:42; 2. Lwando Makhasi (Ommie) 34:04; 3. Lethu Letywayo (VOB) 36:24.

WOMEN

1. Anel Terblanche (FNB) 35:53
2. Ashleigh Simonis (Carb) 35:54 (1st jun)
3. Pamela Moyikwa (VOB) 38:15

Veterans: 1. Chantal Simpson (Ned) 41:16; 2. Angelique Rabie (Carb) 41:37; 3. Ronel Steenkamp (Durb) 43:38. **Masters:** 1. Roldah Orrie (Itheko) 47:34; 2. Charmaine Cupido (Ned) 47:40; 3. Estelene Levendal (IT) n/t. **G'masters:** 1. Ruth Leverton (Pine) 52:57; 2. Annalene Botha (Brack) 56:05; 3. Joy Riviera (SH) 58:20. **Juniors:** 1. Ashleigh Simonis (Carb) 35:54; 2. Pamela Moyikwa (VOB) 38:15; 3. Busisiwe Gwaa (VOB) 49:05.

Farm Run Half Marathon & 10 km

George, 31 October

(Distances: 21.1 km & 10 km. Finishers: half marathon – 101; 10 km – 143.)

Note: Anastasia Plaatjies finished sixth overall in the 10 km and Macnita Samuels eighth. – Ed.

Half marathon

MEN

1	Lloyd Bosman	Nedbank	27	1:11:37
2	Elfonzo Peterse	Nedbank	26	1:14:46
3	Gershwill Jacobs	Nedbank	25	1:17:43
4	Julius Korkee	Nedbank	31	1:18:15
5	Selwyn Losper	Mossel Bay	51	1:19:28

Veterans:

1	Principal Fana	Outeniqua		1:23:11
2	George Batchelor	Outeniqua		1:39:42

Masters:

1	Selwyn Losper	Mossel Bay		1:19:28
2	Sydney Landsberg	Nedbank		1:27:51

G'masters:

1	Jan du Toit	Hartenbos		1:47:50
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Juniors:

1	Jerome Ferland	Nedbank		1:26:30
2	Mariano Petersen	Nedbank		1:42:54

WOMEN

1	Cecile Nel	Nedbank	33	1:34:18
2	Danika Gerber	Hartenbos	24	1:43:56
3	Charmaine Lamprecht	Nedbank	31	1:44:33
4	Alison Jordaan	Nedbank	49	1:46:45
5	Carla Coetzee	Nedbank	27	1:47:06

Veterans:

1	Alison Jordaan	Nedbank		1:46:45
2	Yolanda Vermeulen	Hartenbos		2:04:16

Masters:

1	Annemarie v.d. Westhuizen	Nedbank		2:05:56
2	Magda Opperman	Hartenbos		2:21:38

10 km

MEN

1	Sinesipho Didishe	Knysna	24	37:09
2	Mauritz Jansen van Rensburg	Outeniqua	44	39:36
3	Christian Lingerveldt	Outeniqua	16	40:50
4	Eugene Lourens	Outeniqua	15	41:18
5	Leon van Vuuren	Temp	18	42:01

Veterans:

1	Mauritz Jansen van Rensburg	Outeniqua	39:36
2	Gorden Pietersen	Rainbow	1:13:59

Masters:

1	Nico Gerber	Outeniqua	47:32
2	Anthony Leeraar	Nedbank	49:37

G'masters:

1	Cap Badenhorst	Nedbank	50:41
2	Plaatjie Cronje	Outeniqua	56:42

G/g'masters:

1	Johan Keuler	Nedbank	1:05:16
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Juniors:

1	Eugene Lowrens	Outeniqua	41:18
2	Maxwell Brown	Outeniqua	48:24

WOMEN

1	Anastasia Plaatjies	Outeniqua	19	44:02
2	Macnita Samuels	Knysna	16	45:47
3	Elsire Roos	Temp	35	47:27
4	Kirsty Weir	Boxer	37	48:57
5	Marie Wolmarans	Nedbank	56	51:06

Veterans:

1	Johanna Claassen	Nedbank	55:19
2	Chantelle de Bruin	Nedbank	56:32

Masters:

1	Marie Wolmarans	Nedbank	51:06
2	Ronel Swart	Nedbank	58:07

G'masters:

1	Mariet Horn	Knysna	1:03:55
2	Liedie Coetzee	Plett	1:06:59

G/g'masters:

1	Cecilia Swiegers	Nedbank	1:17:33
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Juniors:

1	Anastasia Plaatjies	Outeniqua	44:02
2	Macnita Samuels	Knysna	45:47

Build It Hospice Half Marathon & 10 km

Worcester, 24 October

(Distances: 21.1 km & 10 km. Finishers: half marathon – 58; 10 km – 106.)

Note: The results of this 10 km race appear to be rather strange. The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows a figure of +15.65 sec/km for the women (six time comparisons), but the figure for the men (seven times) is far to the other end of the scale: -7.67 sec/km – i.e. well in excess of the allowable -5 sec/km. So either the top men ran short, or there is

something wrong with the timing. The winner, Nadeel Wildschutt, broke his PB by more than two minutes and his brother Adrian, who was third, his by exactly a minute. The men's times will therefore not be used for statistical purposes. – Ed.

Half marathon

MEN

1	Akhoha	Mdaka	E G A	22	1:10:51
2	Luyanda	Qolo	E G A	23	1:13:49
3	Deon	Titus	E G A	28	1:15:36
4	Akanyang	Golebamang	Worcester	31	1:16:01
5	Pheletso	Molesane	E G A	23	1:16:17

WOMEN

1	Jana Dian	Meloy	Temp	27	1:41:08
2	Steyntjie	Prins	Paarl	61	1:44:16
3	Hanlie	Nel	Temp	56	1:50:36
4	Cornell	Badenhorst	Easterns	37	1:52:16
5	Inge	Reissenzahn	Pinelands	44	1:54:03

10 km

MEN

1	Nadeel	Wildschutt	Ceres	18	29:51
2	Justin	Fritz	Ceres	22	30:06
3	Adrian	Wildschutt	Ceres	17	31:01
4	Fransco	Fritz	Ceres	18	31:48
5	Johannes	Jansen	Robertson	20	33:07

WOMEN

1	Clairiece	Slingers	Maties	17	42:02
2	Ronekla	Vellem	Maties	18	42:52
3	Liezl	Du Plooy	Ceres	40	43:10
4	Sharlan	Boer	Maties	17	45:11
5	Ileana	Dreyer	Maties	18	45:30

Paarlberg Half Marathon (80th)

Paarl, 10 October

(Distance: 21.1 km; hilly loop course. Finishers: 167 [significantly down from 254 last year].)

Note: It is a pity that the results of this race, one of the oldest in the country, are so incomplete. Athletes' gender was not included, so only the first four women (of which DRR is certain) are given here. Many clubs were not included. DRR has corrected some spelling mistakes and rounded up all times (which were indicated in hundredths of a second) to the next full second according to the rules. – Ed.

MEN

1	Justin	Fritz	Ceres	21	1:04:37
2	Siviwe	Nkombi	Itheko	26	1:09:00
3	Tsungai	Mwanengeni	ZIM/Gugs	40	1:11:50
4	Nkosinathi	Sotyantya	Itheko	22	1:11:56
5	Deon-Lee	Hendricks	Stellenbosch	18	1:15:29
6	Dumisani	Dosi	Paarl	36	1:16:21
7	Owen	Smith	Wellington	40	1:19:10
8	Yanga	Keli	Sanlam	18	1:23:41
9	Joseph	Thomas	Wellington	37	1:24:30
10	Cheswill	?	Dwarsrivier	24	1:24:32

1	Somari Goussard		37	1:33:35
2	Esther Lategan		40	1:34:39
3	Meagan Watson		30	1:40:08
4	Cheryl Rudolph	Easterns	50	1:41:35

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 New York City Marathon (45th)

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

New York, USA, 1 November

(Distance: 42.195 km; certified, point-to-point, challenging course; 5.5 m total elevation loss [negligible])

MEN (gun times)

1. Stanley Biwott (KEN) 2:10:34
2. Geoffrey Kamworor (KEN) 2:10:48
3. Lelisa Desisa (ETH) 2:12:10
4. Wilson Kipsang (KEN) 2:12:45
5. Yemane Tsegay (ETH) 2:13:24
6. Yuki Kawauchi (JPN) 2:13:29
7. Meb Keflezighi (USA) 2:13:32
8. Craig Leon (USA) 2:15:16
9. Birhanu Dare Kemal (ETH) 2:15:40
10. Kevin Chelimo (KEN) 2:15:49

WOMEN (gun times)

1. Mary Keitany (KEN) 2:24:25
2. Aselefech Mergia (ETH) 2:25:32
3. Tigist Tufa (ETH) 2:25:50
4. Sara Moreira (POR) 2:25:53
5. Christelle Daunay (FRA) 2:26:57
6. Priscah Jeptoo (KEN) 2:27:03
7. Laura Thweatt (USA) 2:28:23 DB
8. Jelena Prokopcuka (LAT) 2:28:46
9. Anna Incerti (ITA) 2:33:13
10. Caroline Rotich (KEN) 2:33:19
- ... 18. Caroline Wöstmann (RSA) 2:44:26 PB

Tulsa Run 15 km (38th)

(USATF Masters 15 km Championships)

Tulsa, USA, 31 October

(Loop course with negligible start/finish separation)

Open 15 km (gun times)

MEN

1. Elisha Barno, 30, Santa Fe, NM (KEN) 44:28 \$1000
2. Julius Koskei, 33, Hebron, KY (KEN) 45:01 750
3. Peter Chebii, 30, Grand Prairie, TX (KEN) 45:48 500

WOMEN

1. Monicah Ngige, 21, Lansing, MI (KEN) 52:34 \$1000
2. Hellen Jepkurgat, 26, Grand Prairie, TX (KEN) 52:36 750
3. Galina Ivanova, 38, Hebron, KY (RUS) 52:40 500

Masters 15 km (gun times)

MEN

1. Timothy Martin, 41, New Salisbury, IN 49:43
2. John Gardiner, 43, Rancho Santa Margarita, CA 50:53
3. Christian Cushing-Murray, 48, Santa Ana, CA 51:31

- 50-54: Nat Larson, 53, New York, NY 53:36
 55-59: Dave Bussard, 55, Elkhart, IN 56:34
 60-64: Tom Bernhard, 64, Castro Valley, CA 59:19
 65-69: Lloyd Hansen, 67, Salt Lake City, UT 1:01:51
 70-74: Przemyslaw Nowicki, 71, Coldspring, TX 1:10:54
 75-79: Fay Bradley, 77, Independence, KS 1:23:11

WOMEN

1. Deborah Torneden, 54, Manhattan, KS 1:01:34
2. Elena Shemyakina, 56, Geneva, IL 1:04:26
3. Janice Rempe, 53, Roswell, GA 1:04:43

- 40-44: Heather Meehan, 43, Tulsa, OK 1:17:10
 45-49: Stacy Shaw, 49, Elkhorn, NE 1:09:34
 60-64: Honor Fetherston, 60, Los Gatos, CA 1:07:36
 65-69: Sabra Harvey, 66, Houston, TX 1:07:12
 70-74: Judy Bomer, 72, Tulsa, OK 1:30:03

SSE Airtricity Dublin Marathon (36th)

Dublin, IRL, 26 October
 (Distance: 42.195 km; one-loop course)

MEN

1. Alemu Gemechu (ETH) 2:14:01 € 10,000
2. Francis Ngare (KEN) 2:14:07 7000
3. Asefa Bekele (ETH) 2:14:20 5000

WOMEN

1. Nataliya Lehonkova (UKR) 2:31:08 € 10,000
2. Grace Momanyi (KEN) 2:32:16 7000
3. Tesfanesh Denbi (ETH) 2:34:44 5000

Venice Marathon (30th)

Venezia, ITA, 25 October
 (Distance: 42.195 km; AIMS certified)

MEN (gun times)

- | | |
|---------------------------------|------------------------|
| 1. Julius Chepkwony Rotich, KEN | 2:11:08 € 5000 + 3000i |
| 2. Robert Ndiwa, KEN | 2:13:16 3000 |
| 3. Emmanuel Sikuku, KEN | 2:15:22 2000 |

4. Domenico Ricatti, ITA 2:15:28 1000 + 1500#
 5. Abdelhadi Tyar, MAR 2:15:49 1000

i) Earned time bonus for sub-2:13 winner

#) Earned ITA citizen bonus

WOMEN (gun times)

1. EHITE Bizuayehu Gebireyes, ETH 2:35:19 € 5000
 2. Godana Gebissa Derbe, ETH 2:35:21 3000
 3. Caroline Chepkwony, KEN 2:35:49 2000

STATS TIME

This week we include a list of the top ten SA veteran 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. Secondary performances by the top three are also listed. The list is headed by the new SA record that Hendrick Ramaala set in the Sanlam Cape Town Marathon.

2015 MARATHON: TOP 10 VETERAN MEN

2:17:12	Hendrick Ramaala	1	Cape Town	20 Sep
2:22:00	Shadrack Hoff	2	Cape Town	20 Sep
2:24:58	Charles Tjiane	1	Benoni	25 Jan
2:28:03	Tjiane-2	1	Mossel Bay	26 Sep
2:29:40	Claude Moshiywa	2	Mossel Bay	26 Sep
2:31:55	Nikky Masombuko	1	Pretoria	24 Jan
2:34:17	Matthews Nkoana	3	Centurion	01 Mei
2:34:48	Peter Medupe	3	Cape Town	20 Sep
2:35:02	Joseph Molaba	3	Pretoria	01 Mrt
2:35:37	Mankgabe Magebi	1	Polokwane	28 Mrt
2:36:24	Zolile Mhlahlo	3	Mossel Bay	26 Sep

THIS MONTH IN HISTORY

50 years ago: 12 November 1965

On the first anniversary of his historic 1964 dream mile De Villiers Lamprecht could not duck under four minutes again – he ran only 4:08.2 to win easily from Trevor Jones, but at the 1500-metre mark he was clocked in 3:50.8 to achieve his first South African record for the metric distance. He broke Harold Clark's 1960 time by 0.4 sec. When he had run his 3:59.7 the year before to break Clark's mile record, he went through 1500 m in 3:43.0, but this time was never recognised as a national record. Lamprecht would break the mile record two more times, both on the Coetzenburg track.

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		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		
	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
	2:04:00	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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 47:52	Eric Coetzee Titus Mamabolo (RSA) 1991	Eersterivier	20 Jun
21.1 km	75:12 66:42	Eric Coetzee Martin Rees (GBR) 2003	Cape Town	11 Oct
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 2:19:29	Eric Coetzee Titus Mamabolo (RSA) 1991	Cape Town	20 Sep
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 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Cape Town	20 Sep
15 km	48:11 42:25	Andile Motwana Moses Mosop (KEN) 2004	Despatch	07 Mar
21.1 km	68:36 59:16	Mbasobhi Gumede Samuel Wanjiru (KEN) 2005	Port Elizabeth	25 Jul

WOMENOpen

10 km	32:54 30:55	Mapaseka Makhanya Peres Chepchirchir (KEN)	Cape Town	29 Mar
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:54 46:14	Lebo Phalula Florence Kiplagat (KEN)	Pretoria	15 Aug
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	71:54 65:09	Lebo Phalula Florence Kiplagat (KEN)	Port Elizabeth	25 Jul
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08 1:21:55	Jenna Challenor Sutume Asefa Kebede (ETH)	Durban	08 Mar
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32 1:45:00	Tanith Maxwell Saori Noda (JPN)	Camps Bay	04 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02 2:19:25	Mapaseka Makhanya Gladys Cherono (KEN)	Hannover	19 Apr
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	10:00:37 6:33:11	Martha Pretorius (vet) Tomoe Abe (JPN) 2000	Cape Town	26 Sep

Veterans (40+)

10 km	37:43 32:14	Prudence Zwane Priscilla Welch (GBR) 1985	Pretoria	28 Feb
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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
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:11:00	Adele Waldron	Camps Bay	04 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	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	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		

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The advertisement features a background image of a runner's silhouette against a sunset over a coastal path. On the left, there is a circular logo for Cape Town 12 One Run. In the center, three white boxes contain the text: 'ENTRIES NOW OPEN', 'GET YOUR RUN ON NOW', and 'www.thecapetown12.com'. At the bottom, there are logos for FNB, KFM, and PUMA, along with social media handles: 'f Cape Town 12', '@ctown12', and '#ct12run'.