

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 best performance by a South African this weekend came from Christine Kalmer, who clocked 2:33:43 in the Valencia Marathon. Kalmer broke her previous best, the 2:39:16 that she ran in the Vienna City Marathon earlier in the year, by more than 5½ minutes. Among South Africans only Mapaseka Makhanya (2:31:02 in Hannover) and Christine's sister René (2:33:21 in Vienna) are faster this year.

The 38th Vital Winelands Marathon was run in Stellenbosch on Saturday, with the wins going to Mthandazo Qhina in 2:22:47 and Nomvuyisi Seti in 3:07:05. Qhina repeated his victory of 2010, when he ran 2:20:21. His time this weekend was also the fastest in the race since his previous win – in fact, his two times are the fastest in the Winelands

Marathon since Mluleki Nobanda set the race record of 2:18:47 in 1996!



Spar Grand Prix winner Lebogang Phalula points to her name on the final points standing board at the awards ceremony held last week in Johannesburg. Phalula scored an easy win over twin sister Lebo and took home R150 000. [Reg Caldecott]

Defending champion Wanda Roro was fourth. Candyce Hall, who has won the past two years, did not defend her title.

In the half marathon Duane Fortuin won by one second from Bernard Rukadza (ZIM) in 67:03, while another Zimbabwean, Fortunate Chidzivo, took the women's race in a magnificent 79:07, breaking Kim Laxton's race record of 79:15.

In the Kolonade 10 km in Pretoria Deirdre Larkin (b. 24 Sep 1931) set a new world single-age record of 61:31. Larkin also holds the records for 81 and 82 years of age.

There was a typing error in the date of last week's This Month in History; the year should have been 1979, not 1959 (i.e., 36 years ago: 24 November 1979).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Greater Edendale 10 km, Pietermaritzburg
- * Bluff Veterans Half Marathon, Durban
- * Vital Winelands Marathon, Half Marathon & 10 km, Stellenbosch
- * Super Spar Marathon, Half Marathon & Women's 10 km, Bela-Bela (Warmbaths)
- * KMC Waterfront Half Marathon & 10 km, Knysna
- * Kolonade Half Marathon & 10 km, Pretoria
- * Health 15 km Run, Port Elizabeth
- * Eye and Laser Institute White Cane 10 km, Port Elizabeth
- * Legacy Project Northern Areas 15 km, Port Elizabeth

International highlights:

- * .US National Road Racing Championships, Alexandria, USA
 - * Maratón Valencia Trinidad Alfonso, Valencia, ESP
 - * Scholten Awater Zevenheuvelenloop 15 km, Nijmegen, NED
 - * Saitama International Marathon, Saitama, JPN
 - * XC: Cross de Atapuerca, Atapuerca (Burgos), ESP; Southeast Regional, Charlottesville, USA; South Central Regional, College Station, USA; West Regional, Seattle, USA; National Junior College Athletic Association (NJCAA) Division I Championships, Fort Dodge, USA
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BACKGROUND**DOUBTS ABOUT TIMES IN PAARLBERG RACE**

By Riël Hauman

Distance Running Results commented two weeks ago about the incompleteness of the results of the Paarlberg Half Marathon, which was held for the 80th time, and the lack of information such as athletes' gender. Since then I have been investigating the circumstances around this race, especially the extraordinary fast time of 64:37 by Justin Fritz in his first half marathon.

This time by Fritz, who turned 22 six days after the race, looks improbable, since his best 10 km performance points to a time of around 69 minutes for a half marathon. He broke the course record – set by none other than international star Luketz Swartbooi – by more than 3½ minutes!

DRR has learned that there was no marshall at the turnaround point at the top of the mountain and that many runners turned at the wrong place because it was not clearly marked.

Fritz himself said that his GPS watch showed the course to be short.

The times of other runners received by DRR appear to be in accordance with what they usually run, but because of the evidence that there was confusion about the correct turnaround point, it has been decided that none of the times in this race will be used in statistical lists.

ROAD RUNNING**Greater Edendale 10 km (9th)**

Pietermaritzburg, 15 November

(Loop course)

Note: The slow times were caused by the athletes running an extra loop near the finish by mistake. – Ed.

MEN

1.	Philani Buthelezi	Boxer	35:03 (R2500)
2.	Malekase Lefatsa	Phuma	35:23 (R1500)
3.	Ayande Mncube	Phantane	35:26 (R700)
4.	Slindile Gubese	Phantane	35:56 (R500)
3.	Anele Dlamini	Hammarsdale	36:19 (R250)

(Prize money in all age categories except juniors was the same: R100, R75, R50.)

40-49:

1.	Mathonsi Siyandiphe	Phuma KZN	41:56
2.	Jerome Zondi	Collegians	44:05
3.	Conrad Chemune	Ixopo	46:43

50-59:

1.	Joseph Dumakude	Verulam	52:19
2.	Wellington Takoni	Collegians	52:25
3.	Ernest Mpulo	Greater Edendale	55:06

60-69:

1.	Reuben Gema	Ixopo	55:23
2.	Johan Nel	Maxed Elite	1:02:18

Juniors:

1.	Mthokozisi Mazibuko	Speed Explosion	37:37 (R250)
2.	Tsielo Tsanyane	Speed Explosion	39:30 (R150)
3.	Bonang Mahase	Speed Explosion	39:36 (R100)

WOMEN (Same prize money as men)

1.	Janet Dlamini	Umzimkhulu	42:44
2.	Poppy Mlambo	Boxer	43:18
3.	Lindo Gabela	Muden	46:15
4.	Thobile Mkhize	Speed Explosion	47:11
5.	Nobuhle Shange	Speed Explosion	48:02

40-49:

1.	Sibongile Zigubu	Eskom	52:20
2.	Tholakele Ngcobo	Eskom	54:37
2.	Lungile Nkosi	Eskom	1:02:37

50-59:

1.	Denise Johansen	Maxed Elite	1:09:41
2.	Zandile Mtolo	Maritzburg City	1:14:08
3.	Trish Botton	Natal Carbineers	1:21:33

60+

1.	Pat Fisher	Stella	1:05:35
2.	Thandi Mashimane	Temp	1:08:37
3.	Irma Stevens	Eskom	1:15:20

Juniors:

1.	Thobile Mkhize	Speed Explosion	47:11
2.	Nobuhle Shange	Speed Explosion	48:02
3.	Bathobile Mkhize	Speed Explosion	53:35

Bluff Veterans Half Marathon

Durban, 15 November

MEN

40-49:

1.	Mbongseni Sosibo	Nedbank A C	1:18:14
2.	Gareth Robson	Sydenham	1:22:14
3.	Sabelo Ncube	Phuma KZN	1:22:50

50-59:

1.	Willie Majombozi	Boxer A C	1:25:31
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60+:

1.	Norman Bower	QBH	1:39:49
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WOMEN

40-49:

1.	Pat Dammann	Team Vitality	1:29:12
2.	Zandile Dunywa	SCS	1:40:47
3.	Nicola Hewitt	Riverside Harr	1:43:39

50-59:

1.	Marietjie Montgomery	Faku Chiefs	1:39:19
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60+:

1.	Pam Rassmussen	Stella	2:00:00
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Vital Winelands Marathon (38th), Half Marathon (19th) & 10 km (2nd)

Stellenbosch, 14 November

(Distances: 42.195 km, 21.1 km & 10 km. Marathon & half-marathon: Certified, hilly loop courses with approx. 5 km on gravel. 10 km: Certified, hilly loop course, starting with a steep climb to 3 km; many turns. Weather: Cool early on with light rain at times; warm and humid later. Finishers: marathon – 1096 men + 442 women = 1538 total [up from 1219 last year]; half-marathon – 2042 [up from 1528]; 10 km – 1092 [up from 728].)

Note: The finisher totals in all three races were considerably up from last year, especially the half marathon and 10 km. – Ed.

Marathon

MEN

1	Mthandazo	Qhina	Ned WP	2:22:47	R2000
2	Nkosinathi	Madyo	Itheko	2:24:20	R1500
3	Sityhilo	Diko	Ned WP	2:24:57	R1000
4	Wanda	Roro	AAC	2:27:42	
5	Ben	Matiso	Itheko	2:30:29	
6	Phumlani	Nxusani	Ned WP	2:32:55	
7	Oscar	Coetzee	Itheko	2:34:15	
8	Alvino	Cupido	Ned WP	2:34:41	
9	Faizel	October	FNB	2:36:57	
10	Imran	Paya	MAW/Gugs	2:39:42	
11	Mpendulo	Sigwali	Temp	2:39:52	
12	Anele	Mnukwa	Elgrab	2:41:15	
13	Samson	Mhkize (1 st vet)	SANDF FS	2:41:18	
14	Mandla	Pangalele	Gugs	2:41:52	
15	Admire	Rushika	ZIM/VOB	2:42:16	
16	Thembelani	Zola	Welling	2:42:58	
17	Masande	Mlonyeni	Sanlam	2:44:04	
18	Simphiwe	Vellem	Gugs	2:45:03	
19	Siyabonga	Sakwe	Temp	2:45:36	

20 Vuyani Sixaso Wild 2:45:41

Veterans:

1 Samson Mhkize SANDF FS 2:41:18 R1000
 2 Thembelani Zola Welling 2:42:58 R750
 3 Vuyani Sixaso Wild 2:45:41 R500

Masters:

1 Shafiek Cassiem Itheke 3:00:24 R500
 2 Henry Cieverts Tform 3:04:59 R400
 3 Eric Mlonyeni Strand 3:05:49 R300

G'masters:

1 Jeff Smith Itheke 3:23:22 R300
 2 Jimmy Morris Forest 3:24:38 R250
 3 Muhammad Kriel Odraai 3:27:57 R200

G/g'masters:

1 Vernon Du Preez Lbaan 3:36:26 R300
 2 Ray Shooter Edge 4:37:05 R250
 3 Jim Scott Fhoek 4:45:28 R200

WOMEN (Same prize money as men)

1 Nomvuyisi Seti Itheke 3:07:05
 2 Ursula Frans (1st vet) Ned WP 3:12:35
 3 Ursula Turck Strand 3:17:00
 4 Funeka Zaula Makana 3:17:02
 5 Angelique Rabie Carbineers 3:17:47
 6 Elizabeth Brink Durbac 3:21:38
 7 Mariëtte Strauss (1st mast) Tyger 3:21:44
 8 Marjorie Prins Bell 3:23:04
 9 Louise Muller CMC 3:24:35
 10 Laura Peddle Strand 3:26:20
 11 Marlize Van Schaik Temp 3:28:46
 12 Kutlwano Ramaboa Wcoast 3:29:16
 13 Jacqueline Kellerman GSH 3:30:14
 14 Theresa Brand Bell 3:30:49
 15 Rezani Scholtz Stellen 3:32:17
 16 Marieke Coetzer Durbac 3:33:15
 17 Phatiswa Dyalvane Gugs 3:33:23
 18 Candice Pitsiladi Ach PE 3:35:03
 19 Nancy Will (1st g'mast) Pine 3:36:38
 20 Zonia Scheffer Stellen 3:37:21

Veterans:

1 Ursula Frans Ned WP 3:12:35
 2 Ursula Turck Strand 3:17:00
 3 Angelique Rabie Carbineers 3:17:47

Masters:

1 Mariëtte Strauss Tyger 3:21:44
 2 Karen Jennings VOB 3:38:20
 3 Charisse Hansen Lbaan 3:38:23

G'masters:

1 Nancy Will Pine 3:36:38
 2 Styntjie Prins Paarl 3:49:06
 3 Veronica Van Niekerk Elgrab 3:58:52

Half marathon

MEN

1 Duane Fortuin Itheke 1:07:03 R1500

2	Bernard	Rukadza	ZIM/Gugs	1:07:04	R1000
3	Siviwe	Nkombi	Itheke	1:08:07	R750
4	Sibusiso	Madikizela	Itheke	1:08:25	
5	Akhona	Mdaka	Elgrab	1:09:48	
6	Norman	Makhoka	SARB	1:10:06	
7	Raydon	Balie	Wild	1:10:23	
8	Luyanda	Mapoyi	Wild	1:10:24	
9	Vakalisa	Kopolo	Ned WP	1:12:19	
10	Tsungai	Mwanengeni (1 st vet)	ZIM/Gugs	1:13:57	

Veterans:

1	Tsungai	Mwanengeni	ZIM/Gugs	1:13:57	R1000
2	Xolile	Macanda	Gugs	3:51:52	R750
3	Sabelo	Ngcwama	Celtic	1:19:06	R500

Masters:

1	Monde	Tutani	Gugs	1:23:26	R500
2	Elliot	Mhlaba	Strand	1:23:27	R300
3	Roston	Isaacs	Ned WP	1:23:32	R200

G'masters:

1	Robbie	Lindsay	Ned WP	1:28:52	R300
2	Piet	Smit	Swart	1:30:36	R200
3	Gemjikile	Tom	Eskom WP	1:33:50	R100

G/g'masters:

1	John	Shochot	Fit CGA	1:37:54	
2	Robert	Joubert	Temp	1:53:07	
3	Wally	Steel	Hout	2:07:26	

Juniors:

1	Thembeke	Mendu	Gugs	1:17:43	R200
2	Denzil	Byman	Itheke	1:22:18	R150
3	Angelo	Matthys	MSA	1:30:38	R100

WOMEN (Same prize money as men)

1	Fortunate	Chidzivo	ZIM/Celtic	1:19:07	
2	Tanith	Maxwell	Boxer	1:22:52	
3	Anneline	Roffey	FNB	1:28:17	
4	Obertina	Kanyongo (1 st vet)	ZIM/Wcoast	1:30:45	
5	Elmarie	Bezuidenhout	Charlo	1:32:35	
6	Busisiwe	Matiwane	Celtic	1:33:07	
7	Tracy	Forbes	VOB	1:34:01	
8	Carien	Ross	Strand	1:34:41	
9	Somari	Goussard	Temp	1:35:27	
10	Nicola	Hooper	CMC	1:35:35	

Veterans:

1	Obertina	Kanyongo	ZIM/Wcoast	1:30:45	
2	Busisiwe	Matiwane	Celtic	1:33:07	
3	Tracy	Forbes	VOB	1:34:01	

Masters:

1	Olga	Howard	Celtic	1:38:41	
2	Salome	Castelyn	Stellen	1:42:41	
3	Amanda	Jackson	Stella	1:52:20	

G'masters:

1	Helen	Du Plessis	Tyger	1:47:21	
2	Koba	Bellingan	Stellen	1:48:29	
3	Louisa	Van der Westhuizen	Stellen	1:50:39	

G/g'masters:

1	Thea	Kruger	Whalers	2:11:06	
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2	Marlene	James	Pine	2:12:37
3	Marianne	Nelson	RWFL WP	2:31:19

Juniors:

1	Sharon	Chawula	Gugs	2:03:40
2	Natasha	Kleinhans	MSA	2:27:01
3	Jolene	Van Zyl	Bell	2:31:22

10 km

MEN

1	Siboniso	Soldaka	CPUT	31:57	R500
2	Justin	Fritz	Ceres	32:15	R300
3	Ivan	Ambraal	SANDF CGA	33:12	R200
4	Carlo	Flink	Itheke	34:01	
5	André	Afrika	Eerste	34:36	

WOMEN (Same prize money as men)

1	Anel	Terblanche	FNB	39:34
2	Jana	Leroux	Temp	42:13
3	Danette	Smith	Temp	43:38
4	Ester	Brink	Strand	44:06
5	Patricia	Adams	Itheke	47:45

Super Spar Marathon, Half Marathon & Women's 10 km

Bela-Bela (Warmbaths), 14 November

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses)

Marathon

MEN

1 Rufus Photo (Pietersburg) 2:35:25; 2 Phuti Mohale (Pietersburg) 2:43:26; 3 Obakeng Sithole (Monaco) 2:49:05; 4 Joseph Ndlovu (ACE) 2:50:14; 5 Isaiah Maaepa (Dwarsrivier) 2:55:36.

Veterans: 1 Johan v.d. Merwe (Pietersburg) 3:01:17. **Masters:** 1 Joseph Ndlovu (ACE) 2:50:14. **G'masters:** 1 Phuti Mabotha (Eskom) 3:56:14.

WOMEN

1 Lesego Hlako (Zwakala) 3:17:40; 2 Jane Mudau (Pietersburg) 3:30:59 (1st mast); 3 Lindiwe Mthombeni (Sasol) 3:35:24; 4 Adri Venter (RWFL) 3:42:05; 5 Sylvia van Tromp (Arcelor Mittal) 3:43:42.

Veterans: 1 Lindiwe Mthombeni (Sasol) 3:35:24. **Masters:** 1 Jane Mudau (Pietersburg) 3:30:59.

Half marathon

MEN

1 Tebogo Puluso (Dwarsrivier) 69:04; 2 Simon Mokonyama (Monaco) 72:50; 3 Emmanuel Ramohlale (Pietersburg) 73:33.

WOMEN

1 Nkele Aphane (RAC) 1:48:45; 2 Stephanie Marais (Overkruin) 1:48:57; 3 Ounooi Breedt (Polokwane) 1:54:38.

10 km

(Women only)

1 Paulina Phaho (Transnet) 41:03 (1st vet); 2 Maria Moloko (Ford) 47:41; 3 Eureka Botha (Nyslroom) 54:59.

Veterans: 1 Paulina Phaho (Transnet) 41:03. **Masters:** 1 Rina du Plessis (Loskop) 70:32.
G'masters: 1 Ramaesela Mototoka (Univ of Limpopo) 69:10.

KMC Waterfront Half Marathon & 10 km

Knysna, 14 November

(Distances: 21.1 km & 10 km. Finishers: half marathon – 110; 10 km – 137 [both considerably up from 65 and 55 respectively last year].)

Note: Anastasia Plaatjies finished tenth overall in the 10 km and Cecilia Nel eleventh in the half marathon. – Ed.

Half marathon

MEN

1	Lloyd Bosman	Nedbank	27	1:13:33
2	Godwin Heyns	Nedbank	17	1:15:40
3	Julius Korkee	Nedbank	31	1:16:46
4	Sinesipho Didishe	KMC	24	1:17:46
5	Selwyn Losper	Mossel Bay Harriers	51	1:19:28
6	Joseph Phuka	KMC	36	1:20:18
7	Melikhaya Msizi	KMC	32	1:21:48
8	Marlon Mortlock	KMC	41	1:25:03
9	Luxolo Mahamba	KMC	25	1:25:54
10	Charles Gondue	KMC	30	1:27:21

WOMEN

1	Cecilia Nel	Nedbank	33	1:31:40
2	Davera Magson	Nedbank EPA	41	1:35:04
3	Annatjie Botes	Nedbank	57	1:35:55
4	Lisl Grobler	KMC	39	1:37:57
5	Nadeane Coetzee	Sedgefield Striders	25	1:44:14
6	Kirsty Weir	Boxer Athletics Club		1:45:41
7	Carla Spangenberg	Nedbank	27	1:45:44
8	Rome Phillipson-Meyer	Hartenbos Drawwers	33	1:46:48
9	Suzaan Kruger	Outeniqua Harriers	32	1:46:48
10	Janelle Stephenson	Ind	37	1:49:32

10 km

MEN

1	Donavan Jantjies	Outeniqua Harriers	19	32:13
2	Lindile Tokota	Nedbank	47	33:07
3	Dullan Solomons	Nedbank	17	34:03
4	Jan Isaks	Rainbow	30	34:56
5	Archie Boome	KMC	19	35:08
6	Marshall Richenberg	KMC	39	37:13
7	Patrick Peters	Military Sport Club	51	37:18
8	Peter Jaehne	Outeniqua Harriers	50	38:14
9	Anton Chevalier	Nedbank	50	39:38
10	Aubrey Brinkhuis	KMC	45	41:02

WOMEN

1	Anastasia Plaatjies	Outeniqua Harriers	19	40:57
2	Brittney-Ann Meyer	Outeniqua Harriers	15	41:29
3	Denni-Lyn Canny	Ind		49:02
4	Vicki van der Walt	Outeniqua Harriers	44	49:57
5	Holly Godfrey	Sedgefield Striders	36	50:33

6	Loura Klinck	Outeniqua Harriers	44	51:45
7	Jessica Quinn	Ind	43	52:09
8	Stephanie Barnard	Ind	53	53:00
9	Ashley Willcocks	Ind	23	53:00
10	Karina Wittmann	Nedbank	45	53:46

Kolonade Half Marathon & 10 km

Pretoria, 14 November

(Distances: 21.1 km & 10 km; unundulating loop courses. Weather: overcast. Finishers: half marathon – 1054; 10 km – 1281.)

Half marathon

MEN

1. Vincent Kipchirchir (KEN/Ned) 1:10:39
2. Bafana Dube (Trans) 1:11:05
3. Samuel Ongaki (KEN/Ned) 1:12:34

Veterans: 1. Pete Medupe (Ned) 1:14:03. **Masters:** 1. Dan Mothibe (Runav) 1:10:34.

G'masters: 1. Daniel Hlongwane (Ned) 1:39:23. **G/g'masters:** 1. Pele Tshikundmalema (Olifants) 1:43:45.

WOMEN

1. Annerie Kruger (Mag) 1:27:08
2. Tegan Edwards (Phob) 1:37:01
3. Nocawe Morake (Ind) 1:41:08 (1st vet)

Veterans: 1. Nocawe Morake (Ind) 1:41:08. **Masters:** 1. Rita van Wyk (Boks) 1:44:15.

G'masters: 1. Frances van Blerk (Ned) 1:52:58.

10 km

MEN

1. Enoch Skosana (Ned) 33:21 (1st vet)
2. Renier Grobler (Ned) 33:22
3. Solly Sebathoma (Ned) 33:39

Veterans: 1. Enoch Skosana (Ned) 33:21. **Masters:** 1. Victor Phetoe (Irene) 40:55.

G'masters: 1. Lourens Smith (Irene) 53:16. **G/g'masters:** 1. Patrick Mafilika (Ned) 51:01.

WOMEN

1. Adele Broodryk (Pukke) 37:51
2. Yolande Maclean (B2R) 38:21
3. Catherine Skosana (Ned) 39:53

Veterans: 1. Jacquie van der Waals (Irene) 40:17. **Masters:** 1. Elsabe Brink (Runav) 46:24. **G'masters:** 1. Chanelle Stegmann (PMK) 64:53. **80+:** 1. Deirdre Larkin (Rand) 61:31.

Health 15 km Run

Port Elizabeth, 7 November

(Finishers: 342)

MEN

1	Melikhaya	Frans	Tinarha AC	25	48:35
2	Zolani	Ngqaqa	Madibaz AC	26	48:35

3	George	Ntshiliza	Bluewater Bay	36	49:36
4	Mzwanele	Maphekula	Bluewater Bay	39	49:51
5	Mzolisi	Makhanda	Nedbank RC EP	32	50:37
6	Anele	Maliza	Nedbank RC EP	37	50:38
7	Brendon	Effenaar (1 st jun)	Nedbank RC EP	19	51:48
8	Melikhaya	Kepe	Nedbank RC EP	39	52:01
9	Gcobani	Bekwapi	Temp	36	53:03
10	Terrance	Mjekula (1 st vet)	Charlo AC	43	54:04
11	Zamubuntu	Teyise	Charlo AC	39	54:05
12	Michael	Bester	Achilles AAA	28	54:42
13	Christopher	Mabengeza	Nedbank RC EP	49	54:45
14	Thobile	Xata	Bluewater Bay	41	54:50
15	Deon	Appollis	Profiles AC	36	56:24
16	Luyanda	Matiwana	Spar EC AC	37	57:16
17	Tumelo	Mochelenyane	Nedbank RC EP	33	57:26
18	Desmond	Zibi (1 st mast)	Achilles AAA	52	58:05
19	Vuyo	Lloyd	Bluewater Bay	37	58:06
20	Nkosinathi	Gcakasi	Bluewater Bay	44	58:07
40-44:					
1	Terrance	Mjekula	Charlo AC	43	54:04
2	Thobile	Xata	Bluewater Bay	41	54:50
3	Nkosinathi	Gcakasi	Bluewater Bay	44	58:07
45-49:					
1	Christopher	Mabengeza	Nedbank RC EP	49	54:45
2	Luvuyo	Stephen	Nedbank RC EP	45	59:56
3	Alfred	Pakkies	PEAAC	47	1:02:42
50-54:					
1	Desmond	Zibi	Achilles AAA	52	58:05
2	Kenneth	Menze	Bluewater Bay	53	58:10
3	Bennie	Stadler	Achilles AAA	52	1:02:55
55-59:					
1	Disemba	Blou	Charlo AC	57	1:07:22
2	Efese	Peter	SANDF AC EP	55	1:09:37
3	Chester	Brooks	X-Cel AC	57	1:09:51
60-64:					
1	Elvis	Galela	Madibaz AC	63	1:04:47
2	Roger	Trader	Achilles AAA	61	1:14:00
3	Bruce	McEwan	Achilles AAA	62	1:14:04
65-69:					
1	Hannes	Els	Madiba Bay Warriors AC	65	1:06:35
2	Errol	Rossouw	PEAAC	65	1:16:24
3	Percy	Dalton	Achilles AAA	67	1:18:40
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	1:18:53
2	Ron	Clark	Bluewater Bay	72	1:20:14
3	Willem	Schoeman	Temp	74	1:49:55
75-79:					
1	Godfrey	Kariem	Gelvan AC	75	1:27:40
Juniors:					
1	Brendon	Effenaar	Nedbank RC EP	19	51:48
2	Asisipho	Winti	Motherwell AC	18	1:10:28
3	Damon	Kruger	Temp	16	1:14:04
WOMEN					
1	Siphokazi	Nojoko	Motherwell AC	20	1:03:39
2	Deliwe	Nyanga	Nedbank RC EP	26	1:03:57

3	Nokholo	Hlezupondo	SANDF AC EP	36	1:05:20
4	Pearl	Prinsloo	Elite AC	36	1:07:29
5	Christine	Claasen (1 st mast)	Achilles AAA	51	1:08:54
6	Grizelda	Pietersen (1 st vet)	Malabar AC	47	1:10:14
7	Priscilla	Dyantyi	Nedbank RC EP	41	1:11:53
8	Janette	Schierz-Crusius	Body Concept	55	1:11:56
9	Hanlie	Van der Westhuizen	Despatch AC	59	1:12:32
10	Nolikhanyo	Mdwayi	Transnet Eng EP	34	1:14:09
11	Terray	Newcombe	Elite AC	24	1:14:28
12	Amanda	Prideaux	Bluewater Bay	40	1:16:29
13	Toegeda	Vyver	Nedbank RC EP	43	1:17:38
14	Marlize	Hayward	Despatch AC	34	1:18:48
15	Monica	Lahle	Mdantsane AC	38	1:19:06
16	Buyelwa	Kobokana	Nedbank RC EP	50	1:19:47
17	Belinda	Bain	Charlo AC	53	1:21:54
18	Rosemary	Joubert	Crusaders AC	55	1:21:57
19	Lesley Ann	Bush	Despatch AC	43	1:22:05
20	Siphokazi	Liwani (1 st jun)	Motherwell AC	18	1:22:11

40-44:

1	Priscilla	Dyantyi	Nedbank RC EP	41	1:11:53
2	Amanda	Prideaux	Bluewater Bay	40	1:16:29
3	Toegeda	Vyver	Nedbank RC EP	43	1:17:38

45-49:

1	Grizelda	Pietersen	Malabar AC	47	1:10:14
2	Joanne	Tucker	Charlo AC	48	1:23:11
3	Judy	Beens	Charlo AC	48	1:26:50

50-54:

1	Christine	Claasen	Achilles AAA	51	1:08:54
2	Buyelwa	Kobokana	Nedbank RC EP	50	1:19:47
3	Belinda	Bain	Charlo AC	53	1:21:54

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	1:11:56
2	Hanlie	Van der Westhuizen	Despatch AC	59	1:12:32
3	Rosemary	Joubert	Crusaders AC	55	1:21:57

60-64:

1	Nicki	Van Niekerk	Muirite Striders	61	1:32:01
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65-69:

1	Jeanette	Pienaar	PEAAC	67	1:44:01
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70-74:

1	Orgia	Nell	Muirite Striders	72	1:51:41
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Juniors:

1	Siphokazi	Liwani	Motherwell AC	18	1:22:11
2	Monique	Van Willing	Schools EPA	17	1:27:57
3	Babalwa	Mgogoshe	Transnet Eng EP	19	1:28:36

Eye and Laser Institute White Cane 10 km

Port Elizabeth, 24 October

(Finishers: 510 [significantly up from 133 last year].)

MEN

1	George	Ntshiliza	Bluewater Bay	36	32:34
2	Adriaan	Gerwel (1 st jun)	Transnet Eng EP	19	32:36
3	Zolani	Mabhongo	Motherwell AC	29	32:54
4	Brendon	Effenaar	Nedbank RC EP	19	33:39
5	Mzwanele	Maphekula	Bluewater Bay	39	33:50

6	Sibusiso	Thu	Transnet Eng EP	27	34:06
7	Melikhaya	Kepe	Nedbank RC EP	39	34:14
8	Eric	Sigxashe	Motherwell AC	36	34:31
9	Aphlyn	Taai	Charlo AC	33	34:49
10	Terrance	Mjekula (1 st vet)	Charlo AC	43	36:11
11	Sinethemba	Mirele	Transnet Eng EP	15	36:28
12	Siyabonga	Honnie	Nedbank RC EP	31	36:42
13	Tumelo	Mochelenyane	Nedbank RC EP	33	37:05
14	Mtetwa	Jarati	Body Concept	25	37:25
15	Ruan	Smalberger	St Albans CS EP	25	37:54
16	Lebuhang	Senti	Temp	29	38:00
17	Lefu	Rampine	Madibaz AC	26	38:33
18	Vuyo	Lloyd	Bluewater Bay	37	39:00
19	Lufeze	Xinwa	Transnet Eng EP	28	39:07
20	Michael	Bekapi (1 st mast)	Ikhamva AC	54	39:09
40-44:					
1	Terrance	Mjekula	Charlo AC	43	36:11
2	Michael	Prince	Nedbank RC EP	41	39:13
3	Leon	Weitsz	Despatch AC	41	39:26
45-49:					
1	Shaun	Attenborough	Charlo AC	47	41:09
2	Luvuyo	Stephen	Nedbank RC EP	45	41:50
3	Vernon	Newfeldt	Gelvan AC	49	42:29
50-54:					
1	Michael	Bekapi	Ikhamva AC	54	39:09
2	Nelson	Vlakkok	Charlo AC	51	41:21
3	Frank	Piron	Charlo AC	52	43:30
55-59:					
1	Chester	Brooks	X-Cel AC	57	45:21
2	Christopher	Nyodi	Bluewater Bay	57	45:40
3	Daniel	Ferreira	Elite AC	57	47:45
60-64:					
1	Elvis	Galela	Madibaz AC	63	41:42
2	Donald	Mancasa	Transnet Eng EP	61	52:17
3	Ken	Barwood	Achilles AAA	60	54:57
65-69:					
1	Hansie	Els	Somerset East	67	47:13
2	Hannes	Els	Madiba Bay Warriors AC	65	47:14
3	Graham	Channon	Achilles AAA	66	47:51
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	51:37
2	Ron	Clark	Bluewater Bay	72	52:19
3	Willem	Schoeman	Temp	74	1:10:27
75-79:					
1	John	Peart	Nedbank RC EP	79	1:39:13
80+:					
1	Ernie	Verrall	Madibaz AC	80	1:08:51
Juniors:					
1	Adriaan	Gerwel	Transnet Eng EP	19	32:36
2	Brendon	Effenaar	Nedbank RC EP	19	33:39
3	Sinethemba	Mirele	Transnet Eng EP	15	36:28
WOMEN					
1	Liza-Marie	Kingston	Madibaz AC	33	40:42
2	Deliwe	Nyanga	Nedbank RC EP	26	41:59
3	Olivia	Read	Temp	39	42:07

4	Terray	Newcombe	Elite AC	24	45:00
5	Elmarie	Bezuidenhout	Charlo AC	33	46:04
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	55	47:17
7	Hanlie	Van der Westhuizen	Despatch AC	59	47:40
8	Ludine	Williams	Malabar AC	28	48:15
9	Nikita	Bentley	PEAAC	23	48:21
10	Luthando	Nxanisa	Tinarha AC	22	49:27
11	Talana	Vosloo	Nedbank RC EP	34	49:57
12	Theresa	Buchner	Temp	30	50:08
13	Anne	Gocht	Temp	22	50:57
14	Johannette	Oosthuizen	Body Concept	51	51:21
15	Tabisa	Matshakaza	Mercedes Benz AC	30	51:43
16	Simone	Theunissen (1 st jun)	Nedbank RC EP	18	51:47
17	Toegeda	Vyver (1 st vet)	Nedbank RC EP	43	52:23
18	Ashley	Mare	Temp	25	52:53
19	Natalie	Boshoff	Temp	28	52:54
20	Elize	Adams	Gelvan AC	41	53:00

40-44:

1	Toegeda	Vyver	Nedbank RC EP	43	52:23
2	Elize	Adams	Gelvan AC	41	53:00
3	Lesley Ann	Bush	Despatch AC	43	53:03

45-49:

1	Judy	Beens	Charlo AC	48	54:36
2	Geraldine	Colvin	Charlo AC	47	54:38
3	Joanne	Tucker	Charlo AC	48	54:48

50-54:

1	Johannette	Oosthuizen	Body Concept	51	51:21
2	Belinda	Bain	Charlo AC	53	53:02
3	Elizna	Basson	Despatch AC	52	58:19

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	47:17
2	Hanlie	Van der Westhuizen	Despatch AC	59	47:40
3	Marietjie	Pietersen	Achilles AAA	58	55:00

60-64:

1	Cathy	Ives	Achilles AAA	62	58:36
2	Rita	Vosloo	Muirite Striders	60	1:26:42

65-69:

1	Liz	Grundlingh	Muirite Striders	68	59:54
2	Helene	Oppel	Crusaders AC	65	1:01:57
3	Anelyne	Rheeder	Run 4 Christ AC	68	1:05:16

70-74:

1	Orgia	Nell	Muirite Striders	72	1:12:32
2	Val	Sadow	Charlo AC	70	1:37:09

75-79:

1	Dorothy	Hart	Madibaz AC	77	1:21:21
2	Aletta	Fourie	Madiba Bay Warriors AC	77	1:38:01

Juniors:

1	Simone	Theunissen	Nedbank RC EP	18	51:47
2	Lise	De Villiers	Temp	16	53:48
3	Monique	Van Willing	Schools EPA	17	58:56

Legacy Project Northern Areas 15 km

Port Elizabeth, 17 October

(Finishers: 245)

MEN

1	Melikhaya	Frans	Tinarha AC	25	47:47
2	Mariano	Eesou	Madibaz AC	23	47:54
3	Brendon	Effenaar (1 st jun)	Nedbank RC EP	19	49:04
4	Rodney	Prins	Malabar AC	27	49:44
5	Anele	Maliza	Nedbank RC EP	37	50:03
6	George	Ntshiliza	Bluewater Bay	36	51:11
7	Zolani	Mabhongo	Motherwell AC	29	51:21
8	Bulelani	Niwa	PEAAC	29	52:30
9	Zolile	Mhlahlo (1 st vet)	Achilles AAA	40	52:34
10	Zamubuntu	Teyise	Charlo AC	39	52:47
11	Eric	Sigxashe	Motherwell AC	36	53:27
12	Christopher	Mabengeza	Nedbank RC EP	49	53:32
13	Aphlyn	Taai	Charlo AC	33	53:46
14	Terrance	Mjekula	Charlo AC	43	53:56
15	Sylvester	Honnie	Nedbank RC EP	31	54:10
16	Sibusiso	Thu	Transnet Port Term AC	27	54:45
17	Andre	Ketchem	X-Cel AC	32	54:45
18	Melikhaya	Kepe	Nedbank RC EP	39	55:27
19	Thulani	Mdlalo	Transnet Eng EP	30	57:05
20	Freddie	Jantjies	Nedbank RC EP	46	57:09
40-44:					
1	Zolile	Mhlahlo	Achilles AAA	40	52:34
2	Terrance	Mjekula	Charlo AC	43	53:56
3	August	Esau	Nedbank RC EP	44	58:20
45-49:					
1	Christopher	Mabengeza	Nedbank RC EP	49	53:32
2	Freddie	Jantjies	Nedbank RC EP	46	57:09
3	Luvuyo	Stephen	Nedbank RC EP	45	1:01:37
50-54:					
1	Kenneth	Menze	Bluewater Bay	53	57:41
2	Bennie	Stadler	Achilles AAA	52	59:41
3	Randall	Cunningham	St Albans CS EP	54	1:10:15
55-59:					
1	Christopher	Nyodi	Bluewater Bay	57	1:09:43
2	Richard	De Andrade	Charlo AC	55	1:15:27
3	Peter	Van Rensburg	Elite AC	57	1:15:53
60-64:					
1	Elvis	Galela	Madibaz AC	63	1:04:00
2	Sizinzo	Kama	Achilles AAA	64	1:08:52
3	Bruce	McEwan	Achilles AAA	62	1:13:31
65-69:					
1	Syd	Lippstreu	Crusaders AC	67	1:15:14
2	Graham	Channon	Achilles AAA	66	1:15:29
3	Percy	Dalton	Achilles AAA	67	1:20:41
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	1:19:52
2	Ron	Clark	Bluewater Bay	72	1:21:11
3	Herman	Dekker	SAPS AC EP	70	1:35:20
75-79:					
1	Henry	Human	VW AC	76	1:55:32

80+:

1	Wells	Anderson	PEAAC	83	1:52:24
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Juniors:

1	Brendon	Effenaar	Nedbank RC EP	19	49:04
2	Jared	Zyreda	Temp	16	1:28:24

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	33	57:53
2	Siphokazi	Nojoko	Motherwell AC	20	1:01:27
3	Liza-Marie	Kingston	Madibaz AC	33	1:03:22
4	Deliwe	Nyanga	Nedbank RC EP	26	1:04:07
5	Siphokazi	Liwani (1 st jun)	Motherwell AC	18	1:05:59
6	Margie	Saunders (1 st g'mast)	Nedbank RC EP	62	1:06:27
7	Christine	Claasen (1 st mast)	Achilles AAA	51	1:07:52
8	Grizelda	Pietersen (1 st vet)	Malabar AC	46	1:09:53
9	Asanda	Solani	Vukani MS	32	1:10:35
10	Terray	Newcombe	Elite AC	24	1:10:38
11	Priscilla	Dyantyi	Nedbank RC EP	41	1:12:03
12	Hanlie	Van der Westhuizen	Despatch AC	59	1:12:56
13	Ludine	Williams	Malabar AC	28	1:14:46
14	Lizette	Sydien	Temp	29	1:15:25
15	Janine	Gardiner	Charlo AC	34	1:15:38
16	Toegeda	Vyver	Nedbank RC EP	43	1:17:41
17	Nikita	Bentley	PEAAC	23	1:18:28
18	Rosemary	Joubert	Crusaders AC	54	1:19:43
19	Olwethu	Bomvana	Youth 4 Change AC	29	1:20:05
20	Vuyokazi	Dudumayo	Madibaz AC	36	1:22:40

40-44:

1	Priscilla	Dyantyi	Nedbank RC EP	41	1:12:03
2	Toegeda	Vyver	Nedbank RC EP	43	1:17:41
3	Seki	Mandaba	Ikhamba AC	40	1:31:37

45-49:

1	Grizelda	Pietersen	Malabar AC	46	1:09:53
2	Carol	Booyen	Muirite Striders	46	1:40:15
3	Sanet	Van Niekerk	Despatch AC	46	1:42:55

50-54:

1	Christine	Claasen	Achilles AAA	51	1:07:52
2	Rosemary	Joubert	Crusaders AC	54	1:19:43
3	Veronica	Boshoff	Despatch AC	54	1:32:59

55-59:

1	Hanlie	Van der Westhuizen	Despatch AC	59	1:12:56
2	Janette	Van der Kolf	Coega AC	55	1:34:52
3	Liz	Austin	Achilles AAA	57	1:38:31

60-64:

1	Margie	Saunders	Nedbank RC EP	62	1:06:27
2	Cathy	Ives	Achilles AAA	62	1:29:11

70-74:

1	Orgia	Nell	Muirite Striders	72	1:53:11
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75-79:

1	Dorothy	Hart	Madibaz AC	77	2:01:24
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Juniors:

1	Siphokazi	Liwani	Motherwell AC	18	1:05:59
2	Monique	Van Willing	Schools EPA	17	1:31:48

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

.US National Road Racing Championships (3rd)

Alexandria, USA, 15 November
(Distance: 12 km; certified out-and-back course with no start/finish separation. In addition, the 8 km [elevation +2m/separation 43%] and 10 km [elevation +8m and separation 16%] marks were also certified and are valid for record-setting under IAAF and USATF rules.)



Note: This is Molly Huddle's seventh national title in 2015 (ranging from 5 km to 20 km), her third consecutive over 12 km, and the 21st US title of her career. Huddle (pictured; photograph by Jane Monti/*Race Results Weekly*) has won nine of her eleven races this year and is undefeated on US soil. She has set US records at 5 km (14:50) and the half marathon (68:31, women-only), and personal bests at five different distances. During the US fall (autumn) season she has so far won five races in a row, all of them national championships, by a total margin of 3 min 47 sec. Before this 12 km victory, she won the US 20 km and 5 km titles in 66:26 and 15:12 respectively in September, and then the 10-mile and 10 km titles in 51:44 and 31:21 respectively in October. The ARRS (Association of Road Racing Statisticians) ranks her seventh in the world for all distances over 3 km – the only woman in the top eighteen who was not born in either Kenya or Ethiopia. – Ed.

MEN (gun times)

1. Sam Chelanga, 30, Tucson, AZ 34:35 PB \$20,000 + 15,000u (2nd USARC)
[14:52 / 23:28 / 29:12]
2. Tyler Pennel, 27, Blowing Rock, NC 34:35 PB 10,000 + 7,500u (3rd USARC)
[14:52 / 23:30 / 29:13]
3. Shadrack Kipchirchir, 26, Beaverton, OR 34:37 PB 7,500
[14:53 / 23:28 / 29:13]
4. Jim Spisak, 24, Woonsocket, RI 34:37 PB 5,000
5. Brian Shrader, 24, Flagstaff, AZ 34:39 3,000

WOMEN (gun times)

1. Molly Huddle, 31, Providence, RI 38:36 \$20,000 + 20,000u (1st USARC)
[16:05 / 25:49 / 32:19]
2. Sara Hall, 32, Redding, CA 39:02 10,000 + 5,000u (4th USARC)
[16:23 / 26:14 PB/ 32:47]
3. Alisha Williams, 33, Golden, CO 39:05 PB 7,500
[16:23 / 26:13 PB / 32:46 PB]
4. Kim Conley, 29, West Sacramento, CA 39:11 5,000 + 7,500 (3rd USARC)
[16:23 / 26:13 PB / 32:46]
5. Brianne Nelson, 35, Golden, CO 39:17 PB 3,000 + 15,000u (2nd USARC)

[16:23 / 26:15 / 32:46]
 ... 12. Jen Rhines, 41, Boston, MA 40:04 PB/NR 4044

u) Earned USATF Running Circuit Grand Prix award

Maratón Valencia Trinidad Alfonso (35th)

(IAAF Silver Label Road Race)

Valencia, ESP, 15 November

(Distance: 42.195 km)

MEN (gun times)

1. John Mwangangi, KEN	2:06:13 PB/CR*	€ 8000
2. Mathew Kisorio, KEN	2:06:33 PB	4000
3. Felix Kipchirchir Kandie, KEN	2:07:07 PB	2000
4. Gebretsadik Adhana, ETH	2:08:38	1500
5. Philemon Rono, KEN	2:08:47	1000

WOMEN (gun times)

1. Beata Naigambo, NAM	2:26:57 PB/CR*	€ 8000
2. Nancy Jepkosgei Kiprop, KEN	2:27:34 PB	4000
3. Malika Asahssah, MAR	2:28:01 PB	2000
4. Janet Jelagat Rono, KEN	2:29:21	1500
5. Sabrina Mockenhaupt, GER	2:30:44	1000
... 10. Christine Kalmer, RSA	2:33:43 PB	100

Scholten Awater Zevenheuvelenloop 15 km (32nd)

Nijmegen, NED, 15 November

(Flat certified course)

MEN (gun times)

1. Joshua Cheptegei, 1996, UGA	42:39 PB
2. Mule Wasihun, ETH	43:02 PB
3. Yenew Alamirew, ETH	43:09
4. Tesfaye Abera, ETH	43:17
5. Yohanes Ghebregergis, ERI	43:35 PB

WOMEN (gun times)

1. Yenenesh Tilahun, ETH	50:05
2. Jip Vastenburger, NED	50:05 PB
3. Yomogi Akasaka, JPN	51:03
4. Kim Dillen, NED	52:04
5. Charlotte Purdue, GBR	52:18 PB

Saitama International Marathon (1st)

(IAAF Silver Label Road Race)

Saitama, JPN, 15 November

(Distance: 42.195 km; certified loop course with negligible start/finish separation)

Note: Russian Olympic medallist Tatyana Arkhipova was not allowed to start the race because of the provisional suspension of the Russian federation (ARAF) last week. – Ed.

ELITE WOMEN (gun times)

1. Atsede Baysa, ETH	2:25:44
2. Kaori Yoshida, JPN	2:28:43

3. Rebecca Chesire, KEN 2:29:11
4. Yoko Shibui, JPN 2:31:06
5. Winfredah Kebaso, KEN 2:32:08
6. Meselech Melkamu, ETH 2:33:59

CROSS-COUNTRY

Cross de Atapuerca (12th)

Atapuerca (Burgos), ESP, 15 November

Note: Imane Merga won this event for the fifth year in a row while Belaynesh Oljira successfully defended her title. – Ed.

MEN (9000 m)

1. Imane Merga, 1988, ETH, 25:02
2. Timothy Toroitich, 1991, UGA, 25:06
3. Ayalew Aweke, 1993, BRN, 25:10
4. Edris Muktar, 1984, ETH, 25:15
5. Moses Kibet, 1991, UGA, 25:16

WOMEN (gun times)

1. Belaynesh Oljira, 1990, ETH, 24:52
2. Alemitu Heroye, 1995, ETH, 24:56
3. Trihas Gebre, 1990, ESP, 25:34
4. Lidia Rodriguez Sierra, 1986, ESP, 27:00
5. Marta Silvestre Soriano, 1982, ESP, 27:01

NCAA DIVISION I REGIONAL CHAMPIONSHIPS

Southeast Regional

Charlottesville, USA, 13 November

WOMEN (6 km)

Team results: 1. Virginia, 53; 2. NC State, 74; 3. North Carolina, 100.

1. Letitia Saayman, SR, Coastal Carolina (RSA) 20:25.1
2. Ednah Kurgat, FR, Liberty (KEN) 20:28.3
3. Samantha Jones, SR, Wake Forest 20:35.4
- ... 36. Kyla Van Graan, JR, Coastal Carolina (RSA) 21:56.0
- ... 53. Aynslee Van Graan, SO, Coastal Carolina (RSA) 22:21.8

South Central Regional

College Station, USA, 13 November

WOMEN (6 km)

Team results: 1. Arkansas, 40; 2. Texas, 105; 3. SMU, 132.

1. Dominique Scott, SR, Arkansas (RSA) 19:35.3
2. Maggie Montoya, JR, Baylor 19:50.5
3. Cali Roper, JR, Rice 19:53.9

West Regional

Seattle, USA, 13 November

Note: No Annie Bothma here for Boise State; she is injured. – Ed.

WOMEN (6 km)

Team results: 1. Oregon 79; 2. Boise State 80; 3. Washington 105.

- | | |
|---------------------------------|---------|
| 1. Allie Ostrander, Boise State | 20:10.9 |
| 2. Waverly Neer, Oregon | 20:32.2 |
| 3. Maddie Meyers, Washington | 20:37.2 |

OTHER CROSS-COUNTRY CHAMPIONSHIPS

National Junior College Athletic Association (NJCAA) Division I Championships

Fort Dodge, USA, 14 November

WOMEN (5 km) -

- | | |
|--|---------|
| 1. Leanne Pompeani, FR, Iowa Central (AUS) | 17:21.6 |
| 2. Lydia Mata, SO, Barton Community College (GHA) | 17:49.7 |
| 3. Susan Ejore, FR, Monroe College (KEN) | 17:56.6 |
| ... 5. Nokuthula Dlamini, FR, Monroe College (RSA) | 18:11.4 |
-

STATS TIME

With the first running of the Saitama Women's Marathon having taken place yesterday (the race used to be held in Yokohama, and before that in Tokyo; see results above), we include a list of the world top ten women according to the average of their five fastest marathons. The top five South Africans, headed by Elana Meyer, are added.

WORLD'S BEST WOMEN MARATHONERS BY AVERAGE OF FASTEST TIMES

- | | |
|-----------------------------|---------|
| 1. Paula Radcliffe GBR | 2:18:04 |
| 2. Catherine Ndereba KEN | 2:20:11 |
| 3. Mare Dibaba ETH | 2:21:04 |
| 4. Abereu Kebede ETH | 2:21:06 |
| 5=. Florence Kiplagat KEN | 2:21:18 |
| 5=. Edna Kiplagat KEN | 2:21:18 |
| 7. Tirfe Tsegaye Beyene ETH | 2:21:41 |
| 8. Zhou Chunxiu CHN | 2:21:42 |
| 9. Naoko Takahashi JPN | 2:21:47 |
| 10. Mary Keitany KEN | 2:21:50 |

South Africans:

- | | |
|------------------------|---------|
| 1. Elana Meyer | 2:26:46 |
| 2. Colleen de Reuck | 2:27:03 |
| 3. René Kalmer | 2:31:15 |
| 4. Frith van der Merwe | 2:31:26 |
| 5. Tanith Maxwell | 2:35:35 |
-

THIS MONTH IN HISTORY

59 years ago: 23 November 1956

The 10000 metres at the Melbourne Olympic Games was billed as a showdown between the Russian Vladimir Kuts and the Briton Gordon Pirie, and it turned out to be one of the greatest distance races of all time – but not in the way many people had expected. In September Kuts had shattered the world record with a time of 28:30.4 in front of 100 000 spectators (!) in Moscow's new Bolshoi Stadium; here he stormed away from the start line and covered the first lap in 61.2 seconds. At the halfway mark the Russian's time (14:07) was just slightly slower than Emil Zatopek's Olympic record for the distance, and a second faster than he had run in Moscow. Only Pirie could stay reasonably close. Kuts then started slowing the pace down, sometimes moving out to the second, even third, lane to invite Pirie to take the lead. But the British runner steadfastly refused – until, in the 20th lap, he somehow found himself in the lead. Kuts "rested" for less than a lap, however, and then blasted away. This move signalled the end for the exhausted Pirie, and on the last few laps he was passed by six runners to finish eighth. Kuts took the gold in an Olympic record 28:45.6 – more than a minute ahead of Pirie and almost 7 seconds ahead of Jozsef Kovacs (HUN, 28:52.4), with Aussie Al Lawrence third. Kuts covered the second half in 14:38.6. Alain Mimoun (FRA), who would win the marathon nine days later, finished 12th.

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

<u>Open</u>				
10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:31	Eliud Ngetich (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	62:06	Lucky Modike Mohale	Port Elizabeth	25 Jul
	60:40A	Stephen Mokoka	South Shields	13 Sep
	59:14	Bitan Karoki Muchiri (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	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	2:07:40	Stephen Mokoka	Shanghai	08 Nov
	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	70:34	Dan Mothibe	Pretoria	14 Nov
	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		

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 Cheronu (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
	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
	88:25A	Elmarie Coetzee	De Rust	17 Oct
	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
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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