

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

In Louisville, Kentucky, Dominique Scott ended her collegiate career by finishing an magnificent third in the NCAA Cross-country Championships. The title went to Notre Dame's Molly Seidel, who thus became the first woman since Sally Kipyego in 2007 to win both the NCAA 10000-metre and XC titles in the same year. Seidel, a senior like Scott, finished in 19:28.6, just off the course and championships record of 19:27.9 set by Kipyego in 2012. She is the first woman from her university ever to win an NCAA title. Second was Annie Bothma's team-mate from Boise State, freshman Allie Ostrander, in 19:33.6, with Scott taking the bronze in 19:40.9. Scott's Arkansas team was ninth, with Boise State eleventh. The men's champion is Edward Cheserek, who became the first man ever to win three titles in a row.

DRR has ascertained that the time for master Dan Mothibe (1:10:34) in the Kolonade Half Marathon (results in last week's DRR) was incorrect; it should have been 1:19:34. My apologies for this error; I did not notice it at the time.

Thanks to the efforts of Karen Zimmerman, DRR has obtained the drop in elevation in the Xerox Lightning Fast 10 km in East London (results in DRR 15:44). The start is at 199 m above sea level and the finish at 60 m; thus the course drops a monstrous 13.9 m per kilometre.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Mineshaft 15 km, Queensburgh
- * Mitchells Plain Titans AC Half Marathon & 10 km, Mitchells Plain
- * Glendore Arms Two Views 10 km, Port Elizabeth

International highlights:

- * Slattery's Five-Mile Turkey Trot, Fitchburg, USA
 - * XC: Iloket.nl Warande Cross, Tilburg, NED; Cross International Hyères Méditerranée, Hyeres Les Palmiers, FRA; NCAA Division I National Championships, Louisville, USA
 - * JFK 50 Mile, Boonsboro to Williamsport, USA
-

ROAD RUNNING

Mineshaft 15 km (35th)

Queensburgh, 22 November

(Loop course. Finishers: 515 [down from 609 last year].)

MEN

1.	Sipho Mbanjwa	Phantane AC	48:40 (R500)
2.	Nkosikhona Mhlakwana	Phuma KZN	48:41 (R300)
3.	Bonginkosi Zwane	Phantane AC	50:44 (R200)

(Prize money in all age categories was the same: R100 for 1st place.)

40-49:

1.	Thokozane Madonda	Eskom AC	53:53
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50-59:

1.	Willie Majombozi	Boxer AC	59:08
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60-69:

1.	Aubrey Roberts	West AC	64:36
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70+:

1.	Nobby Clark	Forest AC	91:26
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Juniors:

1.	P. Dhanlall	Orian AC	95:25
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WOMEN (Same prize money as men)

1.	Janie Grundling	West AC	58:16
2.	Caylee Ellero	Bluff AC	66:28 (1 st jun)
3.	Suzette Goncalves	Forest Hills	69:25 (1 st vet)

40-49:

1.	Suzette Goncalves	Forest Hills	69:25
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50-59:

1.	Khaya Mahlati	DAC	80:01
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60-69:

1.	Sheree Kirsten	West AC	83:04
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70+:

1.	Gill Tregenna	West AC	96:49
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Juniors:

1.	Caylee Ellero	Bluff AC	66:28
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Mitchells Plain Titans AC Half Marathon & 10 km

Mitchells Plain, 21 November

(Distances: 21.1 km & 10 km; certified, fairly flat out-and-back courses. Weather: cold, wet and windy. Finishers: half marathon – 755 [up from 602 last year]; 10 km – 785 [up from 743].)

Half marathon

MEN

1.	Siviwe Nkombi (Itheko)	1:09:44
2.	Sityhilo Diko (Ned)	1:09:49
3.	André Afrika (Eerste)	1:10:32

Veterans: 1. Thembelani Zola (Well) 1:18:37; 2. Xolile Macanda (Gugs) 1:20:12; 3. King Ntluzi (Vodacom) 1:20:15. **Masters:** 1. Eric Coetzee (FNB) 1:18:41; 2. Zolani Ntsodo (SANDF) 1:24:29; 3. Steven Parkins (Tyger) 1:28:39. **G'masters:** 1. Johannes Jacobs (Celtic) 1:37:19; 2. Brian Merrywether (Edge) 1:43:29; 3. Gerald Martin (Met) 1:44:20. **G/g'masters:** 1. Ray Shooter (Edge) 2:01:23.

WOMEN

1. Candyce Hall (Carb) 1:33:04
2. Olga Layton (Strand) 1:33:19
3. Angeliqe Rabie (Carb) 1:34:59 (1st vet)

Veterans: 1. Angeliqe Rabie (Carb) 1:34:59; 2. Jana Trojan (VOB) 1:39:53; 3. Marietjie de Vries (Strand) 1:50:55. **Masters:** 1. Roldah Orrie (Itheke) 1:48:23; 2. Anita Ooppel (Durb) 1:49:34; 3. Anne Pool (Strand) 1:53:35. **G'masters:** 1. Nancy Will (Pine) 1:44:56; 2. Helen du Plessis (Brack) 1:49:10; 3. Ruth Leverton (Pine) 1:59:55.

10 km

MEN

1. Vuyolwethu Mbukushe (Gugs) 32:17
2. Akhona Makila (VOB) 32:29
3. Luyanda Mapyoi (WR) 32:30

Veterans: 1. Vuyani Sixaso (WR) 34:35; 2. Graham Katzen (Celtic) 36:19; 3. Bongani Mdlalose (SANDF) 36:30. **Masters:** 1. Monde Tutani (Gugs) 37:08; 2. Shafiek Cassiem (Itheke) 40:16; 3. Percy Kelly (Itheke) 41:10. **G'masters:** 1. Muhammad Kriel (Ommie) 39:25; 2. Gemjikile Tom (Eskom) 42:08; 3. Paul Fortuin (VOB) 47:47. **G/g'masters:** 1. Claude Brooks (MS) 58:08. **Juniors:** 1. Danzil Byman (Itheke) 33:41; 2. Thembeke Mendu (Gugs) 34:31; 3. Jendre September (Eerste) 36:13.

WOMEN

1. Fortunate Chidzivo (ZIM/Celtic) 36:14
2. Amy Abrahams (UWC) 41:35
3. Busisiwe Matiwane (Celtic) 41:47 (1st vet)

Veterans: 1. Busisiwe Matiwane (Celtic) 41:47; 2. Sharon Sunderland (WC) 42:29; 3. Ursula Frans (Ned) 44:43. **Masters:** 1. Lollos Rodseth (Durb) 48:16; 2. Denise Johannes (SH) 51:28; 3. Evelina Tshabalala (Gugs) 52:16. **G'masters:** 1. Joy Riviera (SH) 59:32; 2. Cynthia Kavanagh (Edge) 70:20; 3. Esme September (SH) 74:00. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 71:41. **Juniors:** 1. Emily Tewers (CMC) 53:18; 2. Natasha Kleinhans (CMC) 64:30; 3. Yusrah Abrahams (Itheke) 92:09.

Glendore Arms Two Views 10 km

Port Elizabeth, 21 November

(Out-and-back course. Weather: cold with rain and a headwind on the return leg. Finishers: 295 [slightly up from 288 in 2013].)

Note: This race was last held in 2013, but returned this year on a new route.

Correspondent André Pienaar reports that the first 4 km were downhill towards the sea, followed by a reasonably flat one kilometre section along the beachfront to the turning point, and then the same route back to the start. – Ed.

MEN

1	Melikhaya	Frans	Tinarha AC	25	30:51
2	Amos	Nyongo	Transnet Eng EP	29	31:23
3	George	Ntshiliza	Bluewater Bay	36	31:59
4	Adriaan	Gerwel (1 st jun)	Transnet Eng EP	19	32:51
5	Mzwanele	Maphekula	Bluewater Bay	39	33:13
6	Brendon	Effenaar	Nedbank RC EP	19	33:50
7	Sinethemba	Mirele	Transnet Eng EP	15	34:12
8	Zolile	Mhlahlo (1 st vet)	Achilles AAA	40	34:17
9	Zamubuntu	Teyise	Charlo AC	39	35:00

10	Terrance	Mjekula	Charlo AC	43	35:07
11	Juwayne	Fletcher	Charlo AC	25	35:16
12	Tumelo	Mochelenyane	Nedbank RC EP	33	35:57
13	Jarryd	Cooke	Charlo AC	21	36:42
14	Keegan	Cooke	Charlo AC	18	36:50
15	Paul	Wolff	Achilles AAA	47	37:12
16	Daryl	North	Achilles AAA	38	37:28
17	Graham	Eshmade	Charlo AC	38	37:52
18	Khayelihle	Ncube	Nedbank RC EP	28	38:08
19	Vuyo	Lloyd	Bluewater Bay	38	38:09
20	Luyanda	Matiwana	Spar EC AC	37	38:24
40-44:					
1	Zolile	Mhlahlo	Achilles AAA	40	34:17
2	Terrance	Mjekula	Charlo AC	43	35:07
3	Thembekile	Msipa	Charlo AC	41	38:30
45-49:					
1	Paul	Wolff	Achilles AAA	47	37:12
2	Freek	Daniels	Transnet Eng EP	49	40:56
3	Martin	Jansen	Nedbank RC EP	47	41:02
50-54:					
1	Nelson	Vlakbok	Charlo AC	51	41:13
2	Guy	Cooke	Charlo AC	51	43:08
3	Wouter	Loots	Charlo AC	54	46:25
55-59:					
1	Disemba	Blou	Charlo AC	57	42:11
2	Chester	Brooks	X-Cel AC	57	45:01
3	Christopher	Nyodi	Bluewater Bay	57	46:38
60-64:					
1	Elvis	Galela	Madibaz AC	63	42:28
2	Bruce	McEwan	Achilles AAA	62	46:45
3	Ken	Barwood	Achilles AAA	60	53:17
65-69:					
1	Graham	Channon	Achilles AAA	66	48:32
2	Syd	Lippstreu	Crusaders AC	67	49:41
3	Percy	Dalton	Achilles AAA	67	51:30
70-74:					
1	Ron	Clark	Bluewater Bay	72	50:46
2	Gerald	Bouwer	Achilles AAA	72	1:16:38
3	Brian	Smith	PEAAC	72	1:18:20
75-79:					
1	Kai	Tarnow	Kouga Multi SC	77	1:19:52
Juniors:					
1	Adriaan	Gerwel	Transnet Eng EP	19	32:51
2	Brendon	Effenaar	Nedbank RC EP	19	33:50
3	Sinethemba	Mirele	Transnet Eng EP	15	34:12
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	33	38:56
2	Deliwe	Nyanga	Nedbank RC EP	26	41:26
3	Jamie-Lee	Schlemmer (1 st jun)	Madibaz AC	19	43:00
4	Christine	Claasen (1 st mast)	Achilles AAA	51	43:57
5	Janine	Gardiner	Charlo AC	34	46:07
6	Siphokazi	Liwani	Motherwell AC	18	46:20
7	Janette	Schierz-Crusius	Body Concept	55	46:20
8	Nolikhanyo	Mdwayi	Transnet Eng EP	34	46:44
9	Hanlie	Van der Westhuizen	Despatch AC	59	46:59

10	Nikita	Bentley	PEAAC	23	48:52
11	Toegeda	Vyver (1 st vet)	Nedbank RC EP	43	50:15
12	Joanne	Tucker	Charlo AC	48	50:53
13	Joan	Van Wyk	Nedbank RC EP	21	51:38
14	Renee	Hawkridge (1 st g'mast)	Harlequin Harriers	64	52:43
15	Belinda	Bain	Charlo AC	53	52:46
16	Michelle	Van Iddekinge	Profiles AC	48	52:52
17	Rosemary	Joubert	Crusaders AC	55	53:10
18	Ina	Meaker	Walmer AC	54	54:15
19	Lynette	Crause	Walmer AC	55	55:54
20	Charmaine	Roberts	SAPS AC EP	45	55:55
40-44:					
1	Toegeda	Vyver	Nedbank RC EP	43	50:15
2	Pamela	Labuschagne	Charlo AC	43	56:50
3	Yvette	Jonker	Despatch AC	43	58:28
45-49:					
1	Joanne	Tucker	Charlo AC	48	50:53
2	Michelle	Van Iddekinge	Profiles AC	48	52:52
3	Charmaine	Roberts	SAPS AC EP	45	55:55
50-54:					
1	Christine	Claasen	Achilles AAA	51	43:57
2	Belinda	Bain	Charlo AC	53	52:46
3	Ina	Meaker	Walmer AC	54	54:15
55-59:					
1	Janette	Schierz-Crusius	Body Concept	55	46:20
2	Hanlie	Van der Westhuizen	Despatch AC	59	46:59
3	Rosemary	Joubert	Crusaders AC	55	53:10
60-64:					
1	Renee	Hawkridge	Harlequin Harriers	64	52:43
2	Cathy	Ives	Achilles AAA	62	58:51
3	Nicki	Van Niekerk	Muirite Striders	61	59:50
65-69:					
1	Denise	Terblanche	Walmer AC	68	1:12:55
2	Anna	Le Roux	Muirite Striders	68	1:28:17
3	Angeline	Kivedo	Walmer AC	69	1:32:14
70-74:					
1	Orgia	Nell	Muirite Striders	72	1:11:39
75-79:					
1	Dorothy	Hart	Madibaz AC	77	1:21:28
Juniors:					
1	Jamie-Lee	Schlemmer	Madibaz AC	19	43:00
2	Siphokazi	Liwani	Motherwell AC	18	46:20

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

Slattery's Five-Mile Turkey Trot (35th)

Fitchburg, USA, 22 November

(Distance: 5 miles; course not certified)

Note: *Race Results Weekly* reports that this was Kim Smith's first race since giving birth to daughter Violet in June. Smith's journey back to racing has been tough: in addition to becoming a mother, she had foot surgery and suffered a bilateral pulmonary emboli in July.
– Ed.

MEN (extended gun times)

- | | | |
|--|-------|-------|
| 1. Brian Harvey, 28, Boston, MA | 23:24 | \$800 |
| 2. Eric Ashe, 27, Brighton, MA | 23:26 | 400 |
| 3. Robert Allen, 23, Providence, RI | 23:28 | NCAA |
| 4. Ruben Sanca, 28, Lowell, MA (CPV) | 23:52 | 200 |
| 5. Abu Kebede Diriba, 27, New York, NY (ETH) | 26:01 | |

WOMEN (extended gun times)

- | | | |
|--|-------|-------|
| 1. Kim Smith, 34, Providence, RI (NZL) | 27:11 | \$800 |
| 2. Christine Shaw, 30, Manchester, NH | 27:59 | 400 |
| 3. Karen Roa, 25, Boston, MA | 28:32 | 200 |

CROSS-COUNTRY

loket.nl Warande Cross (57th)

Tilburg, NED, 22 November

SR. MEN (10 km)

1. Richard Ringer, GER, 30:07
2. Khalid Choukoud, NED, 30:17
3. Isaac Kimeli, BEL, 30:24
4. Jurjen Polderman, NED, 30:29
5. Gert Jan Wassink, NED, 30:32

SR. WOMEN (8 km)

1. Sifan Hassan, NED, 27:07
2. Maureen Koster, NED, 27:37
3. Louise Carton, BEL, 27:43
4. Aicha Bani, ESP, 27:58
5. Veerle Dejaeghere, BEL, 28

Cross International Hyères Méditerranée

Hyeres Les Palmiers, FRA, 22 November

MEN (9912 m):

1. Benjamin Kipkurui CHERUIYOT, S/I Asul Bron (KEN), 31:18
2. Tura KUMBI, KEN, 31:19
3. Youssef JAADI, Nice Cote D:azur Athletisme (MAR), 31:34

4. Abel Maina NDEMI, Clermont Athletisme Auvergne (KEN), 31:57
5. Maamar BENGRIBA, S/I Olympique De Marseille Ath (ALG), 31:59

WOMEN (4072 m):

1. Stephanie TWELL, GBR, 13:18
2. Frederica DEL BUONO, ITA, 13:26
3. Susan KIPSANG JEPTOOO, KEN, 13:42
4. Mercyline JERONOH, KEN, 13:53
5. Cecile LEJEUNE, Efs Reims A., 14:00

NCAA Division I National Championships (78th men's/36th women's)

Louisville, USA, 21 November

MEN (10 km)

Team results: 1. Syracuse, 82 points; 2. Colorado, 91; 3. Stanford, 151; 4. Oregon, 183; 5. Iona, 231 ...

1. Edward Cheserek, JR, Oregon (KEN) 28:45.8
2. Patrick Tiernan, JR, Villanova (AUS) 29:11.1
3. Pierce Murphy, SR, Colorado 29:37.0
4. Justyn Knight, SO, Syracuse (CAN) 29:46.1
5. Jonathan Green, SO, Georgetown 29:49.5

WOMEN (6 km)

Team results: 1. New Mexico, 49 points; 2. Colorado, 129; 3. Oregon, 214; 4. Providence, 231; 5. NC State, 264; 6. Michigan, 264; 7. Oklahoma State, 274; 8. Notre Dame, 276; 9. Arkansas, 276; 10. Washington, 297; 11. Boise State, 330

1. Molly Seidel, SR, Notre Dame 19:28.6
2. Allie Ostrander, FR, Boise State 19:33.6
3. Dominique Scott, SR, Arkansas (RSA) 19:40.9
4. Courtney Frerichs, SR, New Mexico 19:48.0
5. Alice Wright, SO, New Mexico (GBR) 19:53.1
- ... 18. Letitia Saayman, SR, Coastal Carolina (RSA) 20:09.8

ULTRA/TRAIL/MOUNTAIN RUNNING

JFK 50 Mile (53rd)

Boonsboro to Williamsport, USA, 21 November

(Distance: 50.2 miles; point-to-point course with paved roads and rugged trails; hilly)

MEN (gun times)

1. Jim Walmsley, 25, Flagstaff, AZ 5:47:37
2. Graham Peck, 26, Baltimore, MD 5:49:25
3. Robert Bond, 26, Boston, MA 5:58:17

WOMEN (gun times)

1. Sarah Bard, 31, Somerville, MA 6:31:11
 2. Lorraine Young, 41, Raleigh, NC 7:16:29
 3. Laurie Dymond, 49, Chambersburg, PA 7:27:10
-

OBITUARY

Note: This obituary, slightly edited here, first appeared in *The New York Times*. – Ed.

DOUBLE OLYMPIC 800 M CHAMPION MAL WHITFIELD PASSES AWAY

Mal Whitfield, a sleek middle-distance runner who won three Olympic gold medals for the United States and who later became an American goodwill ambassador promoting athletics abroad, died on Thursday in Washington. He was 91.

Orphaned as a child in the Watts section of Los Angeles, Whitfield went on to set records and achieve celebrity while running for Ohio State University. In 1954 he became the first African-American to receive the coveted Sullivan Award as the nation's outstanding amateur athlete.

After his athletic career, Whitfield spent almost 50 years promoting sports and physical education in Europe, Africa and the Middle East, both for the United States Information Agency and through his own foundation.

During World War II he was a member of the celebrated and racially segregated Tuskegee Airmen, part of the Army Air Forces. In Korea he once trained for the Olympic Games between bombing missions, running on runways at night with a .45-caliber automatic strapped to his side.

Whitfield was still a staff sergeant when he set an Olympic record in the 800 metres at the 1948 London Games with a time of 1 minute 49.2 seconds. He won another gold medal in the same Olympics anchoring the United States' 4x400 m relay team, and a bronze medal in the 400 m.

Four years later, at the Helsinki Olympics, he won the 800 again — in the identical time — and added a silver medal in the relay. [The Jamaicans won by a whisker, with both



Mal Whitfield on his way to winning his second gold medal in the 800, at the 1952 Olympic Games in Helsinki. He ran the exact same time as in 1948, equalling his Olympic record of 1:49.2, and Arthur Wint (behind him) was again second. Third was Heinz Ulzheimer (734). [From R.L. Quercetani: *A World History of Track and Field Athletics 1864-1964*.]

teams shattering the world record. – Ed.] He just missed making the Olympic team in 1956.

In each of Whitfield's Olympic 800s, Arthur Wint, a 2-metre tall Jamaican, ran second. "I knew I was going to win," Whitfield, a genial and gregarious man, once said on Wint's website. "He was a chain smoker," he said of Wint, "and I was living this gorgeous, clean life: no whiskey, no smoking." [Wint won the 400 m at the 1948 Games. – Ed.]

Whitfield, who stood almost 1.9 m tall and weighed 75 kg in his prime, had a long, flowing stride with high knee action. He set six world records, including 1:48.6 for 880 yards outdoors and 1:09.6 for 600 yards indoors. He won six US titles outdoors and two indoors. The sports

pages called him "Marvelous Mal."

He was elected to the National Track and Field Hall of Fame in 1974 and the United States Olympic Hall of Fame in 1988.

In 1955, a year before he retired as a runner, Whitfield started conducting sports clinics for new runners and occasional training camps for elite runners, first in Europe and then in Africa. At almost every stop, he turned neophytes into champions. He coached in 20 nations and lived in Kenya, Uganda and Egypt.

Malvin Greston Whitfield was born on 11 October 1924, in Bay City, Texas. His family moved to Los Angeles when he was 4. He was 4 when his father died and 12 when his mother died. An older sister, Betty, raised him from then on.

As a child, Whitfield lived 6 km from the Los Angeles Memorial Coliseum, and when the 1932 Olympics were held there, he sneaked in to watch Eddie Tolan's historic duel with Ralph Metcalfe in a thrilling 100 m race that Tolan won by "a gnat's eyelash," as the sportswriter Grantland Rice put it. "From that moment on, I knew I wanted to run in the Olympic Games," Whitfield told *Sports Illustrated* in 1991.

With World War II on, he joined the Army Air Forces after graduating from Thomas Jefferson High School in 1943. He enrolled at Ohio State after the war, in 1946, while stationed nearby as a member of the 100th Fighter Squadron, a unit of the 332nd Fighter Group, popularly known as the Alabama-based Tuskegee Airmen. With that double duty, he said, he would wake up at 5 a.m. and go to bed at 12:30 a.m.

When the Korean War broke out, Whitfield was recalled to the service and served as a tail gunner on 27 bombing missions. But he continued to train for track, running at night while carrying his sidearms. He was honorably discharged in 1952 and went back to Los Angeles to complete his bachelor's degree at California State University.

His work as a goodwill ambassador began in 1955 with an appointment by the State Department. He served more than 30 years as a youth and sports affairs officer for the U.S.I.A., visiting by his count more than 130 countries. He also held sports and physical education advisory posts in the Liberian and Nigerian governments.

He later established the Mal Whitfield Foundation to promote sports, academics and culture around the world, continuing the work he had started with the government. In 2002 the foundation published his autobiography, *Beyond the Finish Line*.

STATS TIME

Christine Kalmer's 2:33:43 in the Valencia Marathon last weekend is one of the fastest marathons ever run by a South African in the month of November. This week we include the thirteen fastest times in November (all under 2:45:00); nine of these were run overseas and three this year. Considering the tough course, Isavel Roche-Kelly's time in the 1981 Winelands Marathon – the SA record at the time – is one of the most outstanding performances on the list.

FASTEST S.A. WOMEN MARATHON TIMES IN NOVEMBER

2:29:11	Colleen de Reuck	2	New York	02 Nov 97
2:29:59	René Kalmer	5	Yokohama	20 Nov 11
2:31:00	Elana Meyer	5	Tokyo	30 Nov 97
2:31:43A	Meyer-2	10	New York	04 Nov 01
2:32:39	Kalmer-2	6	Yokohama	17 Nov 13
2:33:09	Frith van der Merwe	1	Pretoria	10 Nov 90
2:33:43	Christine Kalmer	10	Valencia	15 Nov 15
2:37:21	Mapaseka Makhanya	4	Shanghai	08 Nov 15
2:42:27	Isavel Roche-Kelly	1	Stellenbosch	21 Nov 81
2:42:35	Grace de Oliveira	5	Lisbon	27 Nov 94
2:43:54	R. Kalmer-3	1	Soweto	01 Nov 09
2:44:02	Monica Drögemöller	1	Stellenbosch	21 Nov 87
2:44:26A	Caroline Wöstmann	18	New York	01 Nov 15

THIS MONTH IN HISTORY**70 years ago: 11 November 1945**

Charles Robbins scored his second consecutive win in the 21st edition of the Yonkers Marathon in New York, beating Boston champion Johnny A. Kelley in 2:37:14, with Kelley clocking 2:40:28. Johnny the Elder, as he was called, would win in 1948 and 1950. A few years later, Kelley's namesake Johnny J. Kelley, or Johnny the Younger, would win Yonkers an unprecedented eight times in a row. The marathon has had 90 runnings.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.
– Ed.

MENOpen

10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jul
	62:06	Lucky Modike Mohale	Port Elizabeth	
	60:40A	Stephen Mokoka	South Shields	
	59:14	Bitan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay 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	2:07:40	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 1:35:28	Maxwell Goodman Geraldo Antonio da Silva (BRA) 2002	Uitenhage	22 Mar
Marathon	2:17:12 2:08:46	Hendrick Ramaala Andres Espinosa (MEX) 2003	Cape Town	20 Sep
100 km	9:42:12 6:18:24	Gcobani Ngqola Mario Ardemagni (ITA) 2004	Cape Town	26 Sep

Masters (50+)

10 km	33:25 30:35	Eric Coetzee Tecwyn Davies (GBR) 1988	Bellville	28 Mar
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 30:21	Mapaseka Makhanya Peres Chepchirchir (KEN) Paula Radcliffe (GBR) 2003	Cape Town	29 Mar
15 km	51:54 46:14 46:28	Lebo Phalula Florence Kiplagat (KEN) Tirunesh Dibaba (ETH) 2009	Pretoria	15 Aug
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	71:54 65:09 65:12	Lebo Phalula Florence Kiplagat (KEN) Florence Kiplagat (KEN) 2014	Port Elizabeth	25 Jul
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08 1:21:55 79:53	Jenna Challenor Sutume Asefa Kebede (ETH) Mary Keitany (KEN) 2010	Durban	08 Mar
30 km	1:56:32 1:45:00	Tanith Maxwell Saori Noda (JPN)	Camps Bay	04 Jan

Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:25	Gladys Cheronu (KEN)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	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
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	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
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
	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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The advertisement features a background image of a runner's silhouette against a sunset over a coastal path. On the left 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'.