

Distance Running Results

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EDITORIAL

One of South Africa's oldest submarathon races, the BMG Stainbank Cup, was held for the 42nd time this weekend, with the wins going to Siphon Mbanjwa in 49:23 and Janie Grundling in a PB 59:18. The race was sponsored by the Bearing Man Group (BMG) for the 21st time – quite an achievement in sponsorship retention for the Yellowwood Park club.

In the Aspen Pharmacare Port Elizabeth City Marathon, run for the 33rd time, the Eastern Province titles were bagged by Eric Sigxashe in 2:31:00 and Jane Barnardo in 3:12:06; the latter was also the first veteran.

Lloyd Bosman scored three podium finishes since last Wednesday: he won the ACSA 10 km and Beachcomber 15 km on consecutive days and was third in the Metropolitan 10 km behind Gladwin Mzazi (who took home R10 000) and Lungile Gongqa. That was 35 km of racing for Bosman in five days at an average of 3:07/km. The previous weekend Bosman had also won the Edgemead 10 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * BMG Stainbank Cup 15 km, Durban
- * ACSA 10 km, Bellville
- * Aspen Pharmacare Port Elizabeth City Marathon & 10 km, Port Elizabeth
- * Eastern Limb Mines Executive Mayor's Half Marathon, Burgersfort
- * Beachcomber 15 km, Strandfontein
- * Mosselbaai Mall Half Marathon & 10 km, Mossel Bay
- * Metropolitan 10 km, Bellville

International highlights:

- * Fukuoka International Open Marathon Championships, Fukuoka, JPN
 - * IAU World 50 km Championships, Doha, QAT
 - * Indoor track: Grand Valley State University Holiday Open, Allendale, USA
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ROAD RUNNING

BMG Stainbank Cup 15 km (42nd)

Durban, 6 December

(Loop course. Finishers: 1045 [up from 833 last year].)

MEN

1 Siphon Mbanjwa (Phantane) 49:23; 2 Ayanda Mncube (Phantane) 49:42; 3 Silindile Gubese (Phantane) 49:56; 4 Bonginkosi Zwane (Phantane) 50:27; 5 Philani Buthelezi (Ind) 51:32.

40-49: 1 July Ndlovu (NRB Harriers) 56:48; 2 Michael Ndlovu (Ethekewini) 57:59; 3 Grant Cummings (Westville) 59:26. **50-59:** 1 Bhekizizwe Bhengu (Boxer) 1:03:01; 2 Siphon Majombozi (Boxer) 1:07:09; 3 Kenneth Culverwell (Westville) 1:09:40. **60-69:** 1 Aubrey Roberts (Westville) 1:07:10; 2 Tony Page (PDAC) 1:12:06. **70+:** 1 Andrew Spence (SCS) 1:16:35. **Juniors:** 1 Mpumelelo Mveli (YWP) 59:06; 2 Nkululeko Mchunu (Ind) 1:07:21; 3 Mxolisi Dlomo (Ind) 1:11:45.

WOMEN

1 Janie Grundling (Westville) 59:18; 2 Janene Carey (Boxer) 1:06:29 (1st vet); 3 Karen Ann Sobrino (Toti) 1:11:14; 4 Kate Gounaris (Boxer) 1:11:51; 5 Michelle Sims (Eskom) 1:12:40.

40-49: 1 Janene Carey (Boxer) 1:06:29; 2 Karen Ann Sobrino (Toti) 1:11:14; 3 Michelle Sims (Eskom) 1:12:40. **50-59:** 1 Roshini Natasen (Highway) 1:22:28; 2 Gail Babich (Savages) 1:24:08; 3 Khaya Mahlati (DAC) 1:26:47. **60-69:** 1 Sheree Kirsten (Westville) 1:25:07; 2 Pamela Rasmussen (YWP) 1:27:36. **70+:** 1 Gill Tregenna (Westville) 1:37:59.

ACSA 10 km (2nd)

Bellville, 6 December

(Certified flat course, out and back with a loop at far end. Weather: Hot. Finishers: 654 [up from 505 last year].)

Note: Fourth race in nine days (total distance: 45 km) here for Nancy Will and juniors Pamela Moyikwa and Busisiwe Gwala, and third in nine days for Helen du Plessis (35 km) and junior Ashleigh Simonis (30 km). – Ed.

MEN

1. Lloyd Bosman (Ned SWD) 30:23
2. Mthandazo Qhina (Ned) 32:03
3. Hein Camphor (FNB) 32:33

Veterans: 1. Shawn Abrahams (Celtic) 34:48; 2. Tsungai Mwanengeni (ZIM/Gugs) 35:44; 3. Xolile Macanda (Gugs) 35:52. **Masters:** 1. Eric Coetzee (FNB) 35:33; 2. Monde Tutani (Gugs) 36:19; 3. Paul Cievverts (Top) 39:23. **G'masters:** 1. Muhammad Kriel (Ommie) 39:34; 2. Gemjikile Tom (Eskom) 42:12; 3. Albert Williams (Top) 46:17. **G/g'masters:** 1. Ronnie le Roux (Brack) 47:19; 2. David Kenneth (VOB) 53:29; 3. Joseph Matthews (MS) 53:59. **Juniors:** 1. Lukhanyo Nobakada (VOB) 33:04; 2. Asemahle Kwatsha (Gugs) 35:52; 3. Lethu Cetywayo (VOB) 38:12.

WOMEN

1. Ashleigh Simonis (Carb) 37:02 (1st jun)
2. Zintle Xiniwe (FNB) 37:42
3. Ebeth Marais (Maties) 38:00

Veterans: 1. Obertina Kanyongo (WC) 40:45; 2. Sharon Sunderland (WC) 41:46; 3. Ursula Frans (Ned) 41:26. **Masters:** 1. Mariëtte Strauss (Tyger) 43:52; 2. Olga Howard (Celtic) 44:01; 3. Lollos Rodseth (Durb) 48:50. **G'masters:** 1. Nancy Will (Pine) 47:59; 2. Helen du Plessis (Brack) 48:51; 3. Lyn Wood (Edge) 59:47. **G/g'masters:** 1. Marlene James (Pine) 59:44; 2. Annatjie Berntzen (Tyger) 77:17. **Juniors:** 1. Ashleigh Simonis (Carb) 37:02; 2. Pamela Moyikwa (VOB) 40:26; 3. Busisiwe Gwala (VOB) 47:26.

Aspen Pharmacare Port Elizabeth City Marathon (33rd) & 10 km

(Eastern Province Marathon Championships)

Port Elizabeth, 5 December

(Distances: 42.195 km & 10 km. Marathon – loop course with out-and-back section at beginning and end; 10 km – loop course. Finishers: marathon – 739 [considerably up from 591 last year]; 10 km – 407 [up from 330].)

Marathon

MEN

1	Eric	Sigxashe	Mother	37	2:31:00
2	Melikhaya	Kepe	Nedbank	39	2:32:54
3	Aphlyn	Taai	Charlo	33	2:35:56
4	Zolile	Mhlahlo (1st vet)	Ach	40	2:37:15
5	Thobile	Xata	Bluebay	41	2:40:29
6	Christopher	Mabengeza	Nedbank	49	2:42:27
7	Terrance	Mjekula	Charlo	43	2:43:18
8	Duwayne	Lucas	Aspen	26	2:45:02
9	Patrick	Peta	Someast	39	2:46:41
10	Ntsapho	Jayiya	Temp	33	2:52:02
11	Sicelo	Ngobese	Imamba	35	2:52:23
12	Kirsten	Leemans	Fourways	44	2:52:31
13	Lindsey	Parry	Fourways	38	2:52:32
14	Zamubuntu	Teyise	Charlo	39	2:53:24
15	Ricardo	Plaatjies	Xcel	32	2:55:46
16	Kobus	Joubert	Kouga	40	2:56:20
17	Mauritz	Jansen van Rensburg	Outenh	44	2:56:39
18	Marco	Fabbri	Ach	43	2:58:11
19	Daryl	North	Ach	38	2:58:46
20	Neill	Leith	Boks	36	2:58:51

40-44:

1	Zolile	Mhlahlo	Achilles AAA	40	2:37:15
2	Thobile	Xata	Bluewater Bay	41	2:40:29
3	Terrance	Mjekula	Charlo AC	43	2:43:18

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	49	2:42:27
2	Carriot	Galela	Run For Life EP	46	3:15:20
3	Neo	Chabedi	Std Bank AC CGA	46	3:16:50

50-54:

1	Bennie	Stadler	Achilles AAA	52	3:09:17
2	Welcome	Loliwe	Nedbank RC EP	51	3:12:22
3	Nelson	Vlakkok	Charlo AC	51	3:17:26

55-59:

1	Johan	Hoogeweegen	Morningside C C	56	3:28:33
2	Christopher	Nyodi	Bluewater Bay	57	3:36:16
3	Disemba	Blou	Charlo AC	57	3:37:05

60-64:

1	Elvis	Galela	Madibaz AC	63	3:28:41
2	Cyril	Bekker	Gonubie Harriers	63	3:57:36

3	Richard	Foss	Albany R R	61	3:58:25
65-69:					
1	Albert	Ngcanga	X-Cel AC	65	3:56:14
2	Cilliers	Swart	Nedbank RC EP	69	4:08:23
3	Geoff	Hawkridge	Harlequin Harriers	68	4:21:49
70-74:					
1	Herman	Dekker	SAPS AC EP	70	5:06:22
75-79:					
1	Godfrey	Kariem	Gelvan AC	75	5:21:15
WOMEN					
1	Jane	Barnardo (1st vet)	Bodycon	40	3:12:06
2	Nokholo	Hlezupondo	SANDF	36	3:16:48
3	Carly	Kent	Sunning	39	3:19:25
4	Yolande	Van Heerden	Ned	35	3:20:12
5	Odessa	Perelson	Temp	30	3:23:28
6	Elmare	Bezuidenhout	Charlo	33	3:23:36
7	Sime	Baynes	Elite	32	3:33:44
8	Lisa	Rentzke	Bodycon	32	3:37:20
9	Celeste	Swart	Nedbank	46	3:37:33
10	Katherine	Van der Walt	Bodycon	39	3:38:18
11	Camarin	Van Eyk	Nedbank	33	3:38:26
12	Maresa	Ah Kun	Bluebay	40	3:41:56
13	Christine	Craven	Temp	42	3:42:02
14	Dorothy	Jordaan	Pent	40	3:42:27
15	Claire	Van der Nest	Bodycon	34	3:44:00
16	Carey	McElhone	RAC	35	3:45:34
17	Janelle	Stephenson	Temp	37	3:49:57
18	Elizma	Horne	Someast	37	3:52:46
19	Nikita	Bentley	PEAAC	23	3:52:52
20	Talana	Vosloo	Nedbank	34	3:53:34
40-44:					
1	Jane	Barnardo	Body Concept	40	3:12:06
2	Maresa	Ah Kun	Bluewater Bay	40	3:41:56
3	Christine	Craven	Temp	42	3:42:02
45-49:					
1	Celeste	Swart	Nedbank RC EP	46	3:37:33
2	Trish	Schuin	Somerset East	49	3:57:48
3	Janine	Relling	Nedbank Bfn Ach	49	4:05:18
50-54:					
1	Lynn	Biesheuvel	Rand AC	53	3:56:54
2	Amanda	Shaw	Body Concept	51	3:57:46
3	Maureen	Muhlenberg	Gonubie Harriers	54	4:11:18
55-59:					
1	Alison	Hoogeweegen	Morningside CC	55	4:08:04
2	Lynette	Crause	Walmer AC	55	4:32:49
3	Christine	Snyman	Despatch AC	59	4:39:32
60-64:					
1	Renee	Hawkridge	Harlequin Harriers	64	4:29:02
2	Nicki	Van Niekerk	Muirite Striders	61	4:55:50
3	Lieve	Geuens	Fit 2000 CGA	63	5:22:14
65-69:					
1	Corinne	Usendorff	Temp	66	5:04:33

10 km**MEN**

1	Amos	Nyongo	Transnet	29	30:15
2	Melikhaya	Frans	Tinarha	25	30:57
3	André	Ketchem	Xcel	32	31:57
4	Brendon	Effenaar (1st jun)	Nedbank	19	33:23
5	Johannes	Moldan	Temp	27	33:24
6	Lindisipho	Mxhwashula	Mother	18	34:28
7	Tumelo	Mochelenyane	Nedbank	33	34:40
8	Keegan	Cooke	Charlo	18	34:56
9	Leo	Sorensen	Temp	27	35:26
10	Talent	Mudyawabikwa	Temp	30	35:35
11	Jarryd	Cooke	Charlo	21	35:49
12	Kenneth	Menze (1st mast)	Bluebay	54	36:14
13	Clinton	Barrath	Temp	33	36:40
14	Nanganiso	Madyibi	Temp	25	36:51
15	Nkosinathi	Mbola	Temp	27	39:46
16	Louis	Dupper (1st vet)	Temp	47	39:51
17	Paul	Bennett	Temp	32	41:14
18	Monre	Lerm	Madibaz	17	41:17
19	Jason	Chambers	Oldselb	42	41:31
20	Mandilakhe	Sitatu	Temp	26	41:37
40-44:					
1	Jason	Chambers	Old Selbornians	42	41:31
2	Duane	Lerm	Despatch AC	44	43:21
3	Johan	Wolmarans	Temp	43	47:50
45-49:					
1	Louis	Dupper	Temp	47	39:51
2	Frans	Smit	Temp	45	42:00
3	Marius	Ferreira	St Albans CS EP	47	46:12
50-54:					
1	Kenneth	Menze	Bluewater Bay	54	36:14
2	Craig	West	Bedfordview AC	51	43:02
3	Guy	Cooke	Charlo AC	51	43:15
55-59:					
1	Petrus	Mafora	Phalaborwa R R	55	41:58
2	Charles	Baatjies	Gelvan AC	59	45:17
3	Joseph	Bain	St Albans CS EP	56	45:31
60-64:					
1	Bruce	McEwan	Achilles AAA	62	46:00
2	Andre	Viljoen	Achilles AAA	61	49:55
3	Pieter	Roux	Temp	60	52:09
65-69:					
1	Hannes	Els	MB Warriors AC	65	41:53
2	Hansie	Els	Somerset East	67	45:36
3	Graham	Channon	Achilles AAA	66	50:43
70-74:					
1	Ron	Clark	Bluewater Bay	72	50:26
2	Brian	Smith	PEAAC	72	1:13:54
3	Clive	Batty	Temp	71	1:20:19
75-79:					
1	Kai	Tarnow	Kouga Multi SC	77	1:17:53
2	John	Pearl	Nedbank RC EP	79	1:40:08
80+:					
1	Wells	Anderson	PEAAC	83	1:07:04

Juniors:

1	Brendon	Effenaar	Nedbank RC EP	19	33:23
2	Lindisipho	Mxhwashula	Motherwell AC	18	34:28
3	Keegan	Cooke	Charlo AC	18	34:56

WOMEN

1	Siphokazi	Nojoko	Mother	21	36:52
2	Alexia	Loizou	Temp	31	38:54
3	Ndileka	Mvakwendlu	Tinarha	25	39:58
4	Jamie-Lee	Schlemmer (1st jun)	Madibaz	19	41:21
5	Deliwe	Nyanga	Nedbank	26	41:56
6	Luthando	Nxanisa	Tinarha	23	43:17
7	Sorika	Tait	Temp	21	45:25
8	Janette	Schierz-Crusius (1st mast)	Bodycon	55	45:45
9	Nomakhosi	Ntliziyo	Youth	17	46:19
10	Tania	Jordaan	Charlo	39	47:29
11	Terray	Newcombe	Elite	24	47:49
12	Annica	Coetzee	Madibaz	23	48:01
13	Annalise	Scholtz	Temp	32	48:10
14	Joan	Viljoen	Nedbank	21	48:21
15	Liné	Van As	Temp	30	50:36
16	Belinda	Bain	Charlo	53	50:40
17	Hayley	Mason	Temp	30	51:04
18	Louise	Mazuelas	Charlo	37	51:13
19	Bonita	Moore (1st vet)	Temp	46	51:22
20	Elna	Roux	Temp	30	51:59

40-44:

1	Elize	Adams	Gelvan AC	41	52:45
2	Deidre-Ann	Burger	Temp	42	54:08
3	Adri	Du Plessis	Achilles AAA	42	55:16

45-49:

1	Bonita	Moore	Temp	46	51:22
2	Georgie	Darke	Charlo AC	49	53:43
3	Gail	Klichowicz	Achilles AAA	49	53:44

50-54:

1	Belinda	Bain	Charlo AC	53	50:40
2	Claire	Nagel	Elite AC	51	54:41
3	Colleen	Blignaut	Temp	51	1:02:18

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	45:45
2	Zelda	Krige	Walmer AC	55	56:41
3	Helen	McClean	MB Warriors AC	55	1:03:19

60-64:

1	Cathy	Ives	Achilles AAA	62	56:57
2	Gerrie	Dimitriou	Temp	60	1:00:49
3	Stephanie	Hay	Walmer AC	60	1:16:50

65-69:

1	Liz	Grundlingh	Muirite Striders	68	56:56
2	Jeanette	Pienaar	PEAAC	67	1:05:28
3	Christine	Fourie	Elite AC	69	1:06:43

70-74:

1	Ronelle	Steyn	Nedbank RC EP	71	1:07:57
2	Orgia	Nell	Muirite Striders	72	1:10:21

75-79:

1	Dorothy	Hart	Madibaz AC	77	1:20:33
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Juniors:

1	Jamie-Lee	Schlemmer	Madibaz AC	19	41:21
2	Nomakhosi	Ntliziyo	Youth 4 Change AC	17	46:19
3	Lise	De Villiers	Temp	16	52:12

Eastern Limb Mines Executive Mayor's Half Marathon

Burgersfort, 5 December

(Distance: 21.1 km [course configurations unknown])

Note: The times in this race look, on the whole, much slower than in past years, when DRR expressed concern over the length of the course – although the Race Time Bias calculation last year showed a figure of -4.89 sec/km, barely within the acceptable limit of -5 sec/km. It is possible that the course was changed, or that the weather played a role in the slower times. Burgersfort is at 685 metres above sea level. – Ed.

MEN

1 Stephen Mokoka (Transnet) 63:43 (R10 000); 2 Gladwin Mzazi (Transnet) 64:07 (R7000); 3 Joel Mmone (Nedbank) 64:34 (R4000); 4 Desmond Mokgobu (Boxer) 64:55 (R3000); 5 David Manja (Nedbank) 65:09 (R2500); 6 Benedict Moeng (Transnet) 65:46 (R1500); 7 Luwis Masunda (ZIM/Nedbank) 66:50 (R1000); 8 Tebogo Pulusa (Dwarsrivier) 67:21 (R800); 9 Lucky Mohale (Boxer) 68:33 (R500); 10 Coolboy Ngamole (Nedbank) 68:40 (R400).

(Prize money in all age categories was the same: R2500, R1500, R1000.)

Veterans: 1 Charles Tjiane (Maxed Elite) 70:02; 2 Bethuel Netshifhefhe (Pietersburg) 76:33; 3 Alyen Maile (Mike Texan) 1:42:03. **Masters:** 1 Lazarus Seroka (Twickenham) 75:15; 2 Nel Mtsweni (Kwaguqa) 76:35; 3 Madia Matenche (Dwarsrivier) 83:12.

G'masters: 1 Francis Makuka (ZAM/Phobians) 81:50; 2 Stephen Seema (SAPS) 88:02; 3 Johannes Mosehla (Polokwane) 97:55. **Juniors:** 1 Emmanuel Ramohlala (Pietersburg) 71:52; 2 Kgomotso Reuben Mosiane (Nedbank) 72:15; 3 Mpho Mooka (Nedbank) 73:2.

WOMEN (Same prize money as men)

1 Lebo Phalula (Boxer) 73:35; 2 Kataza Shipalana (Transnet) 80:33; 3 Faithy Nyasango (ZIM) 81:35; 4 Irvette van Zyl (Nedbank) 82:03; 5 Alicen Manake (ZIM/Ubunye) 88:51; 6 Paulina Phaho (Transnet) 89:18 (1st vet); 7 Maria Vilakazi (RWFL) 90:42; 8 Gift Ramabele (Eskom) 94:44; 9 Thandi Sehohle (KPMG) 95:01 (1st jun); 10 Sakelisiwe Tfwala (Temp) 95:40.

Veterans: 1 Paulina Phaho (Transnet) 89:18; 7 Maria Vilakazi (RWFL) 90:42; 3 Catherine Naane (Sibanye Gold) 99:22. **Masters:** 1 Muthupei Manaka (Vhenbe) 1:53:29; 2 Linah Nkosi (Blue Sky) 2:03:29. **G'masters:** 1 Francis van Blerk (Nedbank) 1:47:00; 2 Bukiwe Damang (Afrox) 2:27:54; 3 Adel Matotoka (Univ Limpopo) 2:45:00. **Juniors:** 1 Thandi Sehohle (KPMG) 95:01; 2 Thabiso Mabasa (Temp) 99:59; 3 Hilda Molokomme (Pietersburg) 1:45:55.

Beachcomber 15 km

Strandfontein, 5 December

(Certified flat loop course. Weather: warm, no wind. Finishers: 1001 [almost double last year's 525].)

Note: An amazing increase in the number of finishers here, and a repeat victory for Candyce Hall. – Ed.

MEN

1. Lloyd Bosman (Ned SWD) 46:56 (R400)
2. Vuyolwethu Mbukushe (Gugs) 49:49 (R300)
3. Akhona Makila (VOB) 50:51 (R200)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 50:51 (R300); 2. Xolile Macanda (Gugs) 55:53 (R200); 3. Quinton Prince (Met) 57:46 (R100). **Masters:** 1. Eric Coetzee (FNB) 55:41 (R200); 2. Monde Tutani (Gugs) 57:44 (R150); 3. Robert Arnold (Top) 60:27 (R100). **G'masters:** 1. Gemjikile Tom (Eskom) 64:52 (R150); 2. Jimmy Morris (Forest) 66:40 (R100); 3. Gerald Martin (Met) 71:45 (R50). **G/g'masters:** 1. Joseph Matthews (MS) 86:35 (R100); 2. Claude Brooks (MS) 90:25 (R75). **Juniors:** 1. Lukhanyo Nobakada (VOB) 53:54 (R125); 2. Angelo Matthys (MSA) 54:43 (R75); 3. Thembeke Mendu (Gugs) 56:06 (R50).

WOMEN (Same prize money as men)

1. Candyce Hall (Carb) 63:32
2. Busisiwe Matiwane (Celtic) 65:50 (1st vet)
3. Ester Brink (Strand) 66:29 (1st mast)

Veterans: 1. Busisiwe Matiwane (Celtic) 65:50; 2. Angelique Rabie (Carb) 67:57; 3. Carien Ross (Strand) 68:16. **Masters:** 1. Ester Brink (Strand) 66:29; 2. Mariëtte Strauss (Tyger) 68:27; 3. Lorraine Rogers (Durb) 77:47. **G'masters:** 1. Nancy Will (Pine) 68:52; 2. Helen du Plessis (Brack) 77:52; 3. Joy Riviera (SH) 91:13. **G/g'masters:** 1. Marlene James (Pine) 1:33:18; 2. Jean Cammidge (FH) 1:49:14. **Juniors:** 1. Busisiwe Gwala (VOB) 70:23; 2. Pamela Moyikwa (VOB) 75:49; 3. Razaan Kamaldien (MSA) 79:02.

Mosselbaai Mall Half Marathon & 10 km

Mossel Bay, 5 December

(Distances: 21.1 km & 10 km. Finishers: half marathon – 102 [down from 119 last year]; 10 km – 129 [slightly down from 133].)

Note: These races were run in May last year. Thandi Matrose finished ninth overall and master Annatjie Botes eleventh overall in the half marathon; Cecilia Nel was ninth overall in the 10 km. – Ed.

Half marathon

MEN

1	Godwin Heyns	Nedbank	17	1:20:13
2	Sivuyile Jika	Mossel Bay Harriers	33	1:25:50
3	Mario Meyer	Hartenbos Drawwers	36	1:30:24
4	Bradley Carelse	Nedbank	17	1:31:18
5	Phillipus du Toit	Hartenbos Drawwers	49	1:33:22
6	Braam Wannenburg	Nedbank	18	1:34:43
7	Handri Potgieter	Temp	37	1:36:23
8	Bertie Janse v. Rensburg	Outeniqua Harriers	34	1:36:52
9	Eddie Mouton	Nedbank	41	1:38:25
10	Rohan Swanepoel	Temp	23	1:41:00

Veterans:

1	Phillipus du Toit	Hartenbos Drawwers	1:33:22
2	Eddie Mouton	Nedbank	1:38:25

Masters:

1	Samuel Windvogel	Outeniqua Harriers	1:43:22
2	Niel Jackson	Western Province CC	1:45:22

G'masters:

1	Andre Niemand	Nedbank	1:57:37
2	Abraham Coetzee	Knysna MC	2:13:19

G/g'masters:

1	Derry Devine	VOB	2:56:20
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Juniors:

1	Godwin Heyns	Nedbank	1:20:13
2	Bradley Carelse	Nedbank	1:31:18

WOMEN

1	Thandi Matrose	Hartenbos Drawwers	38	1:38:22
2	Annatjie Botes	Nedbank	57	1:38:25
3	Alison Giliomee-Nell	Nedbank	35	1:42:12
4	Sanet Brits	Nedbank	56	1:46:14
5	Thoko Khanyile	Temp	35	1:49:49
6	Dajana Holtzhausen	Temp	33	1:51:21
7	Carmen Marx	Hartenbos Drawwers	39	2:01:57
8	Ronelle Engelbrecht	Nedbank	31	2:02:18
9	Annelie Kruger	Hartenbos Drawwers	45	2:03:03
10	Linelle Whitehead	Langeberg AC	35	2:05:08

Veterans:

1	Annelie Kruger	Hartenbos Drawwers	2:03:06
2	Lorette Jordaan	Oudtshoorn AC	2:11:19

Masters:

1	Annatjie Botes	Nedbank	1:38:25
2	Sanet Brits	Nedbank	1:46:14

10 km**MEN**

1	Ruben Dlepu	Temp	18	29:41
2	Donavan Jantjies	Outeniqua Harriers	18	35:19
3	Dullan Solomons	Nedbank	17	35:23
4	Ashwell Clooco	Mossel Bay Harriers	18	36:09
5	Barend Vorster	Cobra Transport	18	37:27
6	Mteteleli Dlule	Mossel Bay Harriers	36	42:00
7	Patrick Peters	Military Sport Club	51	42:02
8	Jugene Maart	Nedbank	28	42:12
9	De Waal Swart	Cape Multisport Eden	33	42:50
10	Ross Welsh	Nedbank	17	43:15

Veterans:

1	Robert Welsh	Nedbank	46:33
2	Werner Rademeyer	Hartenbos Drawwers	56:16

Masters:

1	Dirk Joubert	Hartenbos Drawwers	48:50
2	Patrick Peters	SANDF	42:02

G'masters:

1	Jan du Toit	Hartenbos Drawwers	51:35
2	Bryan Hagan-Watson	Outeniqua Harriers	59:56

G/g'masters:

1	Jean Nepgen	Kowie Striders	1:35:00
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Juniors:

1	Ruben Dlepu	Temp	29:41
2	Donavan Jantjies	Outeniqua Harriers	35:19

WOMEN

1	Cecilia Nel	Nedbank	33	42:34
2	Charmaine Lamprecht	Nedbank	32	48:01
3	Candice van Beulen	Rainbow	15	51:28
4	Elzet Oosthuizen	Nedbank	42	51:54
5	Linéle Groenewald	Cape Multisport Eden	25	52:37
6	Monja le Roux	Hartenbos Drawwers	37	52:41
7	Anel Oosthuizen	UJ	20	52:46
8	Brittney-Ann Meyer	Outeniqua Harriers	15	53:32
9	Danelle Human	Hartenbos Drawwers	14	54:16
10	Rina Wray	Hartenbos Drawwers	52	54:30

Veterans:

1	Elzet Oosthuizen	Nedbank	51:54
2	Johanna Claassen	Nedbank	55:30

Masters:

1	Rina Wray	Hartenbos Drawwers	54:30
2	Elsa de Villiers	Hartenbos Drawwers	55:47

G'masters:

1	Jane Mouton	Cape Multi Sport	1:14:08
2	Helena Smit	Nedbank	1:17:38

G/g'masters:

1	Joan du Toit	Temp	1:09:28
2	Geraldine Loftie-Eaton	Nedbank	1:18:16

Juniors:

1	Candice van Beulen	Rainbow AC	51:28
2	Brittney Ann Meyer	Outeniqua Harriers	53:32

Metropolitan 10 km (22nd)

Bellville, 2 December

(Certified loop course, very hilly. Weather: Hot, no wind. Finishers: 1428 [up from 1339 last year].)

MEN

1. Sibabalwe Gladwin Mzazi (Trans) 30:41 (R10 000)
2. Lungile Gongqa (Ned) 31:00 (R1000)
3. Lloyd Bosman (Ned SWD) 31:43 (R500)
4. Justin Fritz (Ceres) 31:49 (R300)
5. Unathi Nteta (AAC) 32:16 (R200)

(Prize money in all age categories except juniors was the same: R300, R200, R100.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 35:00; 2. Pieter Koopman (Itheke) 35:47; 3. Shawn Abrahams (Celtic) 37:03. **Masters:** 1. Eric Coetzee (FNB) 37:50; 2. Monde Tutani (Gugs) 38:39; 3. Tobias Philander (Itheke) 39:04. **G'masters:** 1. Muhammad Kriel (Ommie) 42:22; 2. Gemjikile Tom (Eskom) 43:46; 3. Robbie Lindsay (Ned) 44:09.

G/g'masters: 1. Joseph Matthews (MS) 56:52; 2. Oloff Crous (Brack) 61:24; 3. Ray Shooter (Edge) 62:25. **Juniors:** 1. Nadeel Wildschutt (Ceres) 32:23 (R1000); 2. Adrian Wildschutt (Ceres) 33:24 (R500); 3. McMarshall Hartzenberg (Eerste) 33:37 (R300); 4. Lukhanyo Nobakada (VOB) 33:56 (R200); 5. Samuel van der Merwe (Bell) 34:06 (R100).

WOMEN (Same prize money as men)

1. Lebo Phalula (Boxer) 35:21
2. Nolene Conrad (KPMG) 36:31
3. Zintle Xiniwe (FNB) 40:28
4. Anneline Roffey (FNB) 40:36
5. Ashleigh Simonis (Carb) 40:56 (1st jun)

Veterans: 1. Busisiwe Matiwane (Celtic) 44:20; 2. Theresa Brand (Bell) 50:32; 3. Jacky Misroll (Pine) 52:06. **Masters:** 1. Olga Howard (Celtic) 45:29; 2. Mariëtte Strauss (Tyger) 45:46; 3. Roldah Orrie (Itheke) 52:50. **G'masters:** 1. Nancy Will (Pine) 49:20; 2. Styntjie Prins (Paarl) 52:03; 3. Helen du Plessis (Brack) 54:30. **G/g'masters:** 1. Marlene James (Pine) 66:38; 2. Marianne Nelson (RWFL) 70:28; 3. Wilbe Fourie (Strand) 70:42. **Juniors:** 1. Ashleigh Simonis (Carb) 40:50; 2. Jana le Roux (Ned) 42:33; 3. Meagan Swanepoel (Maties) 43:37; 4. Busisiwe Gwala (VOB) 45:30; 5. Pamela Moyikwa (VOB) 47:13.

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

Fukuoka International Open Marathon Championships (69th)

(IAAF Gold Label Road Race)

Fukuoka, JPN, 6 December

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

MEN (gun times)

- | | |
|-------------------------------|----------------------|
| 1. Patrick Makau, KEN | 2:08:18 |
| [1:03:29 / 1:04:49] | |
| 2. Getu Feleke, ETH | 2:08:31 |
| 3. Satoru Sasaki, JPN | 2:08:56 PB |
| 4. Bernard Koech, KEN | 2:09:43 |
| 5. Chiharu Takada, JPN | 2:10:55 |
| ... 14. Cutbert Nyasango, ZIM | 2:17:58 |
| 15. Martin Mathathi, KEN | 2:18:00 |
| [1:03:30 / 1:14:30] | |
| 16. Kazuki Tomaru, JPN | 2:18:39 |
| [1:03:30 / 1:15:09] | |
| Sergey Lebid, UKR | DNF (31:59 at 10 km) |
| Dennis Kimetto, KEN | DNF (16:20 at 5 km) |

ULTRA RUNNING

IAU World 50 km Championships (1st)

Doha, QAT, 4 December

Note: No South Africans took part in these championships. Despite having both individual winners, the USA did not have a complete team to score in the women's team event. – Ed.

MEN

Teams: 1. KEN 8:49:09; 2. USA 8:57:52; 3. AUS 9:37:51.

1. Tony Migliozi (USA) 2:52:09
2. Arnold Kibet Kiptaoi (KEN) 2:55:35
3. Samuel Birongo Ongeki (KEN) 2:56:16
4. Charles Wachira Maina (KEN) 2:57:18
5. Jesse Davis (USA) 2:59:05
6. Harm Sengers (NED) 3:00:00
7. Mike Fokoroni (ZIM) 3:01:59
8. Michael Kallenberg (GBR) 3:02:01
9. Niels Bubel (GER) 3:05:14
10. Geoff Burns (USA) 3:06:38
- ... 15. Shingerai Badza (ZIM) 3:11:12

WOMEN

Teams: 1. CRO 10:50:08; 2. CAN 11:10:41; 3. AUS 11:31:40 ... USA, dnf.

1. Camille Herron (USA) 3:20:59
2. Marija Vrajic (CRO) 3:28:16
3. Catrin Jones (CAN) 3:28:20
4. Catriona Jennings (IRL) 3:31:50
5. Khishigsaikhan Galbadrakh (MGL) 3:32:03
6. Caitlin Smith (USA) 3:32:26
7. Kim Doerksen (CAN) 3:36:27
8. Nele Alder-Baerens (GER) 3:38:20
9. Nikolina Sustic (CRO) 3:39:35
10. Mai Fujisawa (JPN) 3:41:27

INDOOR TRACK

Grand Valley State University Holiday Open

Allendale, USA, 5 December

MEN

3000:

- | | | |
|----------------------|------------------------|------------|
| 1. Mitchell Lenneman | SO Eastern Mich | 8:27.99 PB |
| 2. Josh Sabo | SR Eastern Mich | 8:31.44 PB |
| 3. Yannick Stubbe | SO Queens (N.C.) (GER) | 8:33.71 PB |
| 4. Henno Havenga | SO Queens (N.C.) (RSA) | 8:49.55 |
-

STATS TIME

This week we include a list of the top ten SA women in the half 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.

2015 HALF MARATHON: TOP 10 WOMEN

1:11:54	Lebo Phalula	1	Port Elizabeth	25 Jul
1:12:18	Lebogang Phalula	2	Port Elizabeth	25 Jul
1:12:37	Cornelia Joubert	3	Port Elizabeth	25 Jul
1:12:52	Nolene Conrad	4	Port Elizabeth	25 Jul
1:14:48	Irvette van Zyl	1	Benoni	25 Jan
1:14:51	Lebogang Phalula-2	1	Cape Town	04 Apr
1:15:09	Zintle Xiniwe	5	Port Elizabeth	25 Jul
1:15:11	Mapaseka Makhanya	2	Cape Town	04 Apr
1:15:17	René Kalmer	14	Lisbon	22 Mar
1:15:31	Joubert-2	1	Benoni	26 Apr
1:15:34	Lebo Phalula-2	3	Cape Town	04 Apr
1:15:49	Jenna Challenor	5	Cape Town	04 Apr
1:16:46	Lebo Phalula-3	1	Pietermaritzburg	08 Nov
1:16:54	Liziwe Mabona	6	Port Elizabeth	25 Jul

THIS MONTH IN HISTORY**23 years ago: 6 December 1992**

In 1992 South Africa's readmission to world athletics allowed the country's top runners to compete in the major international marathons. On this day, in faraway Japan, Lawrence Peu became the first South African to compete in one of the world's most prestigious races, the Fukuoka Marathon. It was the 46th running of the race and Peu – in his debut – was up against some of the biggest names in world marathoning, among them Mexican Dionisio Ceron and Kenyan Ibrahim Hussein. Nothing daunted, Peu (26) ran a superb race to finish second in 2:10:29, the third fastest by a South African that year and 22nd on the world list. The title went to Tena Negere of Ethiopia in 2:09:04. The 69th running of the race was held this past weekend.

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		
	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		
	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	75:12	Eric Coetzee	Cape Town	11 Oct
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	18 Apr
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:43:54	Eric Coetzee	Cape Town	20 Sep
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	14:03:58	Julian Ohlson	Cape Town	26 Sep

Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	85:21	Moalosi Ernest Tjela	Port Elizabeth	25 Jul
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:05:35	Robbie Lindsay	Cape Town	20 Sep
100 km	14:21:53	Ric Marini	Cape Town	26 Sep

Juniors

10 km	30:12	Kabelo Melamu	Cape Town	20 Sep
	27:52	Richard Chelimo (KEN) 1990		

15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:36	Mbasobhi Gumede	Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

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

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:50	Ulrica Stander	Port Elizabeth	25 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:00	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		

Masters (50+)

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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