

# 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

SWD runner Lloyd Bosman scored his fourth victory in twelve days when he won the Love Life Run 10 km in Klein Brakrivier in exactly 30 minutes last Wednesday. He has also placed third in another race, giving him a total of 55 racing kilometres in twelve days, or an average of 32 km per week!

The 22<sup>nd</sup> Illovo Sugar 15 km Christmas Challenge in Durban was won by Siphon Mbanjwa in 47:54 and Janie Grundling in a PB 57:48. The previous Sunday the same two runners had won the BMG Stainbank Cup 15 km, with Grundling dipping under an hour for the first time with her 59:18. Now she has broken that by more than 1½ minutes.

## LAST ISSUE FOR 2015

This is the last issue of *Distance Running Results* for 2015, the fifteenth year of its existence. I would like to thank all the dedicated contributors for their assistance in sending results and other information during the year and answering my queries; this newsletter would not have existed without your help.

I wish all contributors and readers compliments of the season and a wonderful, healthy and happy 2016. The next issue of DRR will be sent out on 11 January (but contributors should please continue sending results for the rest of this year).

- Renewal notices were sent out last week to subscribers. If you do want to continue receiving DRR in 2016, please make payment before 11 January.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Illovo Sugar 15 km Christmas Challenge, Durban
- \* Correctional Services 10 km, Pollsmoor
- \* Love Life Run 10 km, Klein Brakrivier

## International highlights:

- \* Honolulu Marathon, Honolulu, USA
- \* Holiday Half Marathon, Portland, USA
- \* Dallas Marathon & Duo to Rio Relay, Dallas, USA
- \* Course de Noël, Sion, SUI
- \* Pfixx Solar Montferland Run, 's-Heerenberg, NED

- \* Humana Rock 'n' Roll San Antonio Half Marathon, San Antonio, USA
  - \* Guangzhou International Marathon, Guangzhou, CHN
  - \* XC: SPAR European Cross-country Championships, Hyères, FRA; USATF National Club Cross-country Championships
  - \* Track: San Francisco, USA Pacific 10000 m Pursuit, Sacramento, USA
  - \* North Face Endurance Challenge Championships presented by Gore-Tex, Fort Barry, USA
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## ROAD RUNNING

### **Illovo Sugar 15 km Christmas Challenge** (22nd)

Durban, 13 December  
(Loop course)

#### MEN

1.	Sipho Mbanjwa	Phantane AC	47:54
2.	Henry Schoeman	Ind	48:14
3.	Bonginkosi Zwane	Phantane AC	49:23

#### **40-49:**

1.	Michael Ndlovu	eThekweni AC	55:14
2.	Eric Ndovela	Wild Coast AC	55:21
3.	Allen Mcebki	Chesterville AC	60:24

#### **50-59:**

1.	Willie Majombozi	Boxer AC	61:19
2.	Bheki Bhengu	Boxer AC	61:52
3.	Lungisani Mthembu	QBH	67:06

#### **60-69:**

1.	Nicolas Dlamini	Boxer AC	66:29
2.	Norman Bower	QBH	68:38
3.	Tony Page	PDAC	69:44

#### **70+:**

1.	Andrew Spence	SCS	73:07
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#### **Juniors:**

1.	Mthokozisi Mazibuko	Speed Exp	52:54
2.	Nkasa Sinovugo	Wild Coast AC	57:22
3.	Michael Ross	Chiltern AC	58:53

#### WOMEN

1.	Janie Grundling	West AC	57:48
2.	Makhosi Mhlongo	Savages AC	62:02
3.	Fikile Mbuthuma	Nedbank AC	74:13

#### **40-49:**

1.	Janene Carey	Boxer AC	66:38
2.	Michelle Sims	Eskom	69:54
3.	Lethiwe Zondo	CSIR	72:00

#### **50-59:**

1.	Blanche Moila	Savages AC	78:31
2.	Roshini Natasen	Highway AC	79:57
3.	Khaya Mahlali	DAC	81:57

#### **60-69:**

1.	Pam Rasmussen	YWP AC	84:34
2.	Pat Fischer	Stella	86:17
3.	Corinne Parsons	SCS	98:51

#### **70+:**

1.	Ivy Lottering	Wings	n/t
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**Juniors:**

1. Janine Parke Kearsney 83:17

**Correctional Services 10 km**

Pollsmoor, Cape Town, 9 December

(Finishers: 937 [considerably up from 590 last year].)

Note: A huge increase in the field here. – Ed.

**MEN**

1. Vuyolwethu Mbukushe (Gugs) 30:31  
 2. Sityhilo Diko (Ned) 30:45  
 3. Mthandazo Qhina (Ned) 30:54

**Veterans:** 1. Gareth Berning (VOB) 34:29; 2. Roger Dixon (VOB) 34:59; 3. Sabelo Ngcwama (Celtic) 35:12. **Masters:** 1. Lorenzo Lucas (Ned) 39:04; 2. Robert Arnold (Top) 39:21; 3. Angus Kleinsmith (SH) 42:12. **G'masters:** 1. Jeff Smith (Itheke) 42:34; 2. Michael Tala (Tyger) 45:43; 3. Gerald Martin (Met) 46:10. **G/g'masters:** 1. Joseph Matthews (MS) 50:51; 2. Dave Kennett (VOB) 54:10; 3. Boet van Zyl (SH) 56:18. **Juniors:** 1. Shaun Tobias (Rob) 34:26; 2. Angelo Matthys (MSA) 34:51; 3. Asemahle Kwatsha (Gugs) 36:18.

**WOMEN**

1. Ashleigh Simonis (Carb) 36:57 (1<sup>st</sup> jun)  
 2. Pamela Moyikwa (VOB) 38:51  
 3. Candyce Hall (Carb) 40:27

**Veterans:** 1. Busisiwe Mawane (Celtic) 42:08; 2. Angelique Rabie (Carb) 43:02; 3. Jana Trojan (CZE/VOB) 43:34. **Masters:** 1. Mariëtte Strauss (Tyger) 43:07; 2. Roldah Orrie (Itheke) 48:55; 3. Jenny da Silva 50:38. **G'masters:** 1. Nancy Will (Pine) 47:46; 2. Lynda Fillmore (Edge) 60:40; 3. Cecily Michaels (Held) 63:18. **G/g'masters:** 1. Marlene James (Pine) 59:52; 2. Carol Gahwiler (VOB) 67:33; 3. Irene Eygelaar (Edge) 73:47. **Juniors:** 1. Ashleigh Simonis (Carb) 36:57; 2. Pamela Moyikwa (VOB) 38:51; 3. Busisiwe Gwala (VOB) 40:52.

**Love Life Run 10 km**

Klein Brakrivier, 9 December

(Finishers: 198)

Note: Melissa van Rensburg finished tenth overall. – Ed.

**MEN**

1	Lloyd Bosman	Nedbank	27	30:00
2	Elfonzo Pieterse	Nedbank	26	33:45
3	Auschten October	Nedbank	17	35:15
4	Jan Isaks	Rainbow	30	35:28
5	Melikhaya Msizi	KMC	32	37:22
6	Jc Visser	Nedbank	30	38:25
7	Bradley Carelse	Nedbank	17	38:39
8	Aubrey Brinkhuis	KMC	45	39:15
9	Marlon Mortlock	KMC	41	39:17
10	Kyle Mckinnon	ARD	16	40:22

**Veterans:**

1. Aubrey Brinkhuis KMC 39:15

**Masters:**

1	Hermanus Jonkerman	Nedbank	41:19
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**G'masters:**

1	Robbie Joubert	Tygerberg AC	57:09
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**Juniors:**

1	Auschten October	Nedbank	33:15
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**WOMEN**

1	Melissa van Rensburg	Nedbank	33	40:06
2	Annatjie Botes	Nedbank	57	43:57
3	Paola Vignani	Montagu AC	51	45:46
4	Charmaine Lamprecht	Nedbank	32	46:01
5	Elsire Roos	Ind	36	46:24
6	Clarisha Pieterse	Mossel Bay Harriers	17	47:02
7	Rome Phillipson-Meyer	Hartenbos Drawwers	33	47:20
8	Carike Jacobs	Nedbank	39	47:29
9	Alison Jordaan	Nedbank	49	47:41
10	Carine Badenhorst	Nedbank	37	48:18

**Veterans:**

1	Alison Jordaan	Nedbank	47:41
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**Masters:**

1	Annatjie Botes	Nedbank	43:57
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**G'masters:**

1	Sandra du Toit	Nedbank	64:40
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**Juniors:**

1	Clarisha Pieterse	Mosselbaai Harriers	47:02
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**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****Honolulu Marathon** (43rd)

Honolulu, USA, 13 December

(Distance: 42.195 km; certified out and back course)

**MEN** (gun times)

1.	Filex Kiprotich, KEN	2:11:43	\$40,000 + 10,000i
	[1:07:00 / 1:04:43]		
2.	Wilson Chebet, KEN	2:12:47	16,000 + 6,000i
3.	Daniel Limo, KEN	2:13:24	10,000 + 4,000i

**WOMEN** (gun times)

1.	Joyce Chepkirui, KEN	2:28:34	\$40,000 + 6,000i
	[1:11:43 / 1:16:51]		
2.	Lucy Karimi, KEN	2:28:55	16,000 + 6,000i
3.	Isabella Ochichi, KEN	2:29:45	PB 10,000 + 4,000i

i) Earned time bonus

**Holiday Half Marathon**

Portland, USA, 13 December

(Distance: 21.1 km; certified record-standard course)

MEN (gun times)

1. Galen Rupp, 29, Portland, OR, 1:01:20 CR

WOMEN (gun times)

1. Bree McArdle, 26, Portland, OR, 1:20:46

**Dallas Marathon (45th) & Duo to Rio Relay (1st)**

Dallas, USA, 13 December

(Distances: 42.195 km and 21.1 km)

Note: Race director Patrick Byerly came up with a nifty promotion for this year's race, reports *Race Results Weekly*. He recruited five teams of two top Americans, one man and one woman, and each ran half of the marathon course. The men ran the first half and the women ran the second as a tune-up for the Olympic Marathon Trials next February. Sam Chelanga, Luke Puskedra and Jared Ward were all together at the half-way mark (63:47/48), but it was 42-year-old Deena Kastor who ran the fastest second leg to bring victory to her and partner Abdi Abdirahman. Incidentally, theirs was the oldest team, with a combined age of 80 years old. – Ed.

**Duo to Rio Relay** (gun times)

1. Abdi Abdirahman & Deena Kastor, 2:19:49  
[1:04:04 / 1:15:45]
2. Meb Keflezighi & Becky Wade, 2:20:35  
[1:04:06 / 1:16:29]
3. Sam Chelanga & Molly Huddle, 2:21:35  
[1:03:47 / 1:17:48]
4. Luke Puskedra & Annie Bersagel, 2:22:10  
[1:03:48 / 1:18:22]
5. Jared Ward & Desiree Linden, 2:23:34  
[1:03:47 / 1:19:47]

**Marathon** (gun times)

MEN

1. Logan Sherman, 29, Dallas, TX, 2:27:28

WOMEN

1. Jamie Vest, 28, Lebanon, MO, 2:58:31

**Half marathon** (gun times)

MEN

1. Gabe Proctor, 25, Mammoth Lakes, CA, 1:05:09

WOMEN

1. Dawn Grunnagle, 38, Dallas, TX, 1:19:29

**Course de Noël** (47th)

Sion, SUI, 12 December

(Distances: Men, 7.35 km; women, 5.25 km)

Finishers: 421 Men + 204 Women = 625 total finishers (up from 599 last year)

## MEN (extended gun times)

- |                               |         |
|-------------------------------|---------|
| 1. Tadesse Abraham, 1982, ERI | 19:41.8 |
| 2. Patrick Ereng, 1987, KEN   | 19:49.5 |
| 3. Bernard Matheka, 1988, KEN | 19:51.1 |

## WOMEN (extended gun times)

- |                                    |         |
|------------------------------------|---------|
| 1. Helen Bekele Tola, 1994, ETH    | 16:02.4 |
| 2. Laura Hrebec, 1977, SUI         | 16:24.1 |
| 3. Léanie Schweickhardt, 1986, SUI | 16:25.6 |

**Pfixx Solar Montferland Run** (19th)

's-Heerenberg, NED, 6 December

(Distance: 15 km)

## MEN (gun times)

1. Abraham Cheroben, KEN, 42:54 PB
2. Geoffrey Yegon, KEN, 42:54 PB
3. Frederick Kipkosgei, KEN, 43:08
4. Nicholas Korir, KEN, 43:20
5. Leonard Patrick Komon, KEN, 45:29

## WOMEN (gun times)

1. Meseret Defar, ETH, 50:04 DB
2. Kim Dillen, NED, 51:29 PB
3. Lucy Macharia, KEN, 51:55

**Humana Rock 'n' Roll San Antonio Half Marathon** (7th)

San Antonio, USA, 6 December

(Distance: 21.1 km; certified point-to-point course)

## MEN (gun times)

- |   |         |         |
|---|---------|---------|
| 1. Aaron Braun, 28, Alamosa, CO         | 1:04:11 | \$1000i |
| 2. Jeffrey Eggleston, 31, Boulder, CO   | 1:05:44 | 400     |
| 3. Phillip Baar, 23, Corpus Christi, TX | 1:06:39 | 300     |

i) Includes incentive bonus for finishing under 1:05:00

## WOMEN

- |  |         |         |
|--|---------|---------|
| 1. Kara Goucher, 37, Boulder, CO       | 1:11:10 | \$1000i |
| 2. Sasha Gollish, 33, Toronto, ON, CAN | 1:12:36 | DB 900i |
| 3. Shalane Flanagan, 34, Portland, OR  | 1:12:42 | 800i    |
| 4. Amy Cragg, 31, Portland, OR         | 1:12:42 | 800i    |

i) Earned incentive bonus for finishing under 1:15:00

## Guangzhou International Marathon (4th)

Guangzhou, CHN, 6 December  
(Distance: 42.195 km; loop course)

### MEN (gun times)

- |                               |               |                      |
|-------------------------------|---------------|----------------------|
| 1. Sentayehu Merga Ejigu, ETH | 2:09:57 PB/CR | USD 28,000 + 10,000* |
| 2. Abdellah Tagharrafet, MAR  | 2:10:01 PB    | 20,000               |
| 3. Worku Paji Assefa, ETH     | 2:11:46 PB    | 10,000               |

\*) Course record bonus

### WOMEN

- |                                |            |            |
|--------------------------------|------------|------------|
| 1. Tizita Terecha Dida, ETH    | 2:28:02 PB | USD 28,000 |
| 2. Racheal Jemutai Mutgaa, KEN | 2:30:11 PB | 20,000     |
| 3. Rkia El Moukim, MAR         | 2:32:36    | 10,000     |

## CROSS-COUNTRY

### SPAR European Cross-country Championships (22nd)

Hyères, FRA, 13 December

#### SENIOR MEN (10.117 km)

Team results: 1. ESP, 14 points; 2. FRA, 35;  
3. GBR, 78; 4. ITA, 99; 5. NED, 103.

1. Ali KAYA, TUR, 20 APR 1994  
29:20 GOLD
2. Alemayehu BEZABEH, ESP, 22 SEP 1986  
29:31 SILVER
3. Adel MECHAAL, ESP, 5 DEC 1990  
29:51 BRONZE
4. Ayad LAMDASSEM, ESP, 11 OCT 1981  
29:57
5. Ilias FIFA, ESP, 16 MAY 1989  
30:02
- ... 26. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991  
30:48



Track star Sifan Hassan on her way to winning the European cross-country title. On the left is Trihas Gebre, who placed 11<sup>th</sup>. [IAAF]

#### SENIOR WOMEN (8.087 km)

Team results: 1. GBR, 33 points; 2. FRA, 78; 3. IRL, 83; 4. ESP, 95; 5. ITA, 118.

- |  |       |                              |
|--|-------|------------------------------|
| 1. Sifan HASSAN, NED, 1 JAN 1993               | 25:47 | GOLD                         |
| 2. Kate AVERY, GBR, 10 OCT 1991                | 25:55 | SILVER                       |
| 3. Karoline Bjerkeli GRØVDAL, NOR, 14 JUN 1990 | 25:57 | BRONZE                       |
| 4. Fionnuala McCORMACK, IRL, 24 SEP 1984       | 26:00 | [Formerly Fionnuala Britton] |
| 5. Ancuta BOBOCEL, ROU, 3 OCT 1987             | 26:07 |                              |
| 6. Steph TWELL, GBR, 17 AUG 1989               | 26:08 |                              |
| ... 18. Christelle DAUNAY, FRA, 5 DEC 1974     | 26:44 |                              |

#### U23 MEN (8.087 km)

Team Results: 1. ESP, 39 points; 2. GBR, 41; 3. FRA, 59; 4. ITA, 77; 5. GER, 81.

- |                                      |       |        |
|--------------------------------------|-------|--------|
| 1. Jonathan DAVIES, GBR, 28 OCT 1994 | 23:32 | GOLD   |
| 2. Carlos MAYO, ESP, 18 SEP 1995     | 23:35 | SILVER |

3. Amanal PETROS, GER, 17 MAY 1995 23:39 BRONZE

#### U23 WOMEN (5.947 km)

Team results: 1. GBR, 41 points; 2. FRA, 71; 3. ITA, 82; 4. UKR, 127; 5. TUR, 140.

1. Louise CARTON, BEL, 16 APR 1994 19:46 GOLD  
 2. Jip VASTENBURG, NED, 21 MAR 1994 19:46 SILVER  
 3. Amela TERZIC, SRB, 2 JAN 1993 19:49 BRONZE  
 4. Laura MUIR, GBR, 9 MAY 1993 19:53

#### JUNIOR MEN (5.947 km)

Team results: 1. FRA, 27 points; 2. ITA, 29; 3. GBR, 67; 4. ESP, 87; 5. BEL, 121.

1. Yemaneberhan CRIPPA, ITA, 15 OCT 1996 17:39 GOLD  
 2. Fabien PALCAU, FRA, 22 JUN 1997 17:45 SILVER  
 3. El Madhi LAHOUI, ESP, 6 NOV 1996 17:46 BRONZE

#### JUNIOR WOMEN (4.157 km)

Team results: 1. GER, 20 points; 3. GBR; 40; 3. DEN, 62; 4. FRA, 77; 5. ESP, 108.

1. Konstanze KLOSTERHALFEN, GER, 18 FEB 1997 13:12 GOLD  
 2. Harriet KNOWLES-JONES, GBR, 3 APR 1998 13:16 SILVER  
 3. Alina REH, GER, 23 MAY 1997 13:20 BRONZE  
 ... 5. Bobby CLAY, GBR, 19 MAY 1997 13:29

### **USATF National Club Cross-country Championships**

San Francisco, USA, 12 December

(Distances: Men, 10 km; women, 6 km)

#### MEN

Open A Race (10 km):

Team Results - 1. Hoka One One Northern Arizona Elite, 60 (\$5000); 2. Boston Athletic Association, 106 (\$3000); 3. Boulder Track Club, 127 (\$2000) [59 teams].

1. Garrett Heath, 30, BROOKS Beasts TC 29:06  
 2. Jonathan Grey, 27, Boulder Track Club 29:10  
 3. Scott Fauble, 24, HOKA ONE ONE NAZ Elite 29:26

#### WOMEN

Open Race (6 km)

Team Results: 1. Boston Athletic Association, 28 (\$5000); 2. High Performance West, 107 (\$3000); 3. Club Northwest, 156 (\$2000) [41 teams].

1. Amy Van Alstine, 28, HOKA ONE ONE NAZ Elite 19:51  
 2. Laura Thweatt, 26, Boulder Track Club 19:52  
 3. Rochelle Kanuho, 25, HOKA ONE ONE NAZ Elite 19:53  
 .... 5. Emma Bates, 23, Boston Athletic Association 20:02  
 ... 8. Jen Rhines, 41, Boston Athletic Association 20:06



## OUTDOOR TRACK

### Pacific 10000 m Pursuit (1st)

Sacramento, USA, 6 December

MEN [Olympic standard 28:00.00]

- |                                     |             |
|-------------------------------------|-------------|
| 1. Marvin Blanco, Venezuela         | 28:31.14 NR |
| 2. Erik Olson, Unattached           | 28:32.39 PB |
| 3. Sean Quigley, Saucony/Boulder TC | 28:50.42    |

WOMEN [Olympic standard 32:15.00]

- |                                      |                   |
|--------------------------------------|-------------------|
| 1. Kim Conley, New Balance           | 31:58.54          |
| 2. Chelsea Sodaro, Saucony           | 32:05.84 DB       |
| 3. Rochelle Kanuho, Hoka Naz Elite   | 32:08.76 PB       |
| 4. Katie Matthews, B.A.A. HP         | 32:23.43 PB       |
| 5. Alia Gray, Roots Running          | 32:29.06 PB       |
| 6. Sara Hall, Asics                  | 32:35.87 PB       |
| 7. Sarah Pagano, B.A.A. HP           | 32:45.46 PB       |
| 8. Jordan Hasay, Nike Oregon Project | 32:46.04          |
| ... 11. Jen Rhines, B.A.A. HP        | 33:05.03 NR W4044 |
| ... 14. Emma Bates, B.A.A. HP        | 33:30.40          |

## ULTRA/MOUNTAIN/TRAIL RUNNING

### North Face Endurance Challenge Championships presented by Gore-Tex

(9th)

Fort Barry, USA, 5 December

(Distance: 50 miles; challenging trail course)

MEN (gun times)

- |   |         |          |
|---|---------|----------|
| 1. Zach Miller, 27, Manitou Springs, CO | 6:12:37 | \$10,000 |
| 2. Dylan Bowman, 29, Mill Valley, CA    | 6:20:28 | 4,000    |
| 3. Ryan Bak, 34, Bend, OR               | 6:26:11 | 1,000    |

...

- |  |         |  |
|--|---------|--|
| 44. Michael Wardian, 41, Arlington, VA | 7:54:13 |  |
|--|---------|--|

WOMEN (gun times)

- |                                       |         |          |
|---------------------------------------|---------|----------|
| 1. Megan Kimmel, 35, Silverton, CO    | 7:13:52 | \$10,000 |
| 2. Ellie Greenwood, 36, GBR           | 7:23:57 | 4,000    |
| 3. Larisa Dannis, 28, Mill Valley, CA | 7:25:48 | 1,000    |

## STATS TIME

A recent enquiry by Comrades Race Director Rowyn James prompted me to make a list of South Africa's longest-running races. Here is a list of the top 23. Eight of the races are marathons and five ultramarathons.

### SOUTH AFRICA'S LONGEST-RUNNING ROAD RACES

- |                             |     |                               |    |
|-----------------------------|-----|-------------------------------|----|
| 1. Comrades                 | 90  | 7. Sasol Marathon (Sasolburg) | 64 |
| 2. Harrismith Mountain Race | 89* | 8. Slow-Mag Marathon          | 60 |
| 3. SA Marathon              | 84  | 9. Don Lock                   | 56 |
| Duke of York                | 84  | 10. Amatola Marathon          | 51 |
| 5. Paarl Mountain Race      | 80  | 11. Bergville-Ladysmith       | 50 |
| 6. Jackie Gibson Marathon   | 69  | 12. Peninsula Marathon        | 48 |

13. Muller Potgieter	47	18. Buffs Marathon	42
14. Two Oceans	46	Pretoria Marathon	42
Springs Striders 32 km	46	Dan Luyt	42**
16. Karoo Ultramarathon	45	Tough One	42
17. Cavanagh Ultramarathon	43	Runners' Memorial#	42
		Stainbank Cup	42

\*) DRR is unsure whether this race has been held this year; if it was, it would have had 90 runnings.

\*\*\*) This race may have had 68 runnings, but this is uncertain.

#) New Year's Eve race in Cape Town.

## THIS MONTH IN HISTORY

### 48 years ago: 20 December 1967

Only one South African record for 1500 metres has been set in December. Running in the colours of Diggers Athletic Club, 19-year-old Fanie van Zijl – then at the beginning of an illustrious career – competed in the Vernon Barnes Meeting in Port Elizabeth. A month earlier, on the same track, Van Zijl had equalled Willie Olivier's national record of 3:45.8. Now the event was the mile, with official timekeepers at the 1500-metre mark, and once again he was up against the formidable Peter Kaal, the holder of the SA junior record who had clocked 3:46.5 in the previous encounter. This time Kaal ran almost 2 seconds faster, but Van Zijl was unbeatable. He flashed through the metric point in 3:43.3 and continued on to finish in 3:59.3 to better Div Lamprecht's national record by 0.4 seconds. Five years later Van Zijl would improve to 3:56.0 and 3:37.9 to place fourth and sixth respectively on the world lists.

## SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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

### MEN

#### Open

10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jul
	62:06	Lucky Modike Mohale	Port Elizabeth	
	60:40A	Stephen Mokoka	South Shields	
	59:14	Bitan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		04 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	
	1:31:27	Shin Kimura (JPN)		

Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:07:40	Stephen Mokoka	Shanghai	08 Nov
	2:04:00	Eliud Kipchoge (KEN)		
100 km	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
	9:42:12	Gcobani Ngqola (vet)	Cape Town	26 Sep
	6:13:33	Takahiro Sunada (JPN) 1998		

\*\*\*) The ARRS does not recognise records set at intermediate points in a longer race.

#### Veterans (40+)

10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:41	Johannes Kekana	Pretoria	15 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:17:12	Hendrick Ramaala	Cape Town	20 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	9:42:12	Gcobani Ngqola	Cape Town	26 Sep
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:07	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		

**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 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

Grandmasters (60+)

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				

Juniors

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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