

Distance Running Results

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EDITORIAL

Irvette van Zyl, apparently recovered from the stress fracture that kept her out of the Olympic Marathon, comfortably won the final race in the Spar Grand Prix Series in Johannesburg yesterday in 34:58. (Final points standings elsewhere in this issue.)

In Port Alfred George Ntshiliza won the 38th BU CO Kowie Striders 27 km, on a point-to-point course, in 1:30:28, with Asanda Solani taking the women's race in 1:59:27. It was Ntshiliza's fifth victory, and third in a row.

The course for the Karoolus Windpomp Half Marathon (results in last week's DRR) is point to point and considerably downhill.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Johannesburg
- * Chappies Challenge Half Marathon & 10 km, Hout Bay
- * Swift Half Marathon & 10 km, Pietermaritzburg
- * BU CO Kowie Striders 27 km & 10 km, Bathurst to Port Alfred
- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * BAKgat 10 km, Bellville

International highlights:

- * Great 10 km Berlin, Berlin, GER
 - * De Lage Landen Marathon Eindhoven, Eindhoven, NED
 - * Rock 'n' Roll Santander Totta Half Marathon RTP & Rock 'n' Roll Lisbon Marathon EDP, Lisboa, POR
 - * Trento Half Marathon, Trento, ITA
 - * RheinEnergie Marathon Köln, Köln, GER
 - * Kosice Peace Marathon, Kosice, SVK
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STATS

RICHARDS BAY MARATHON PROBABLY SHORT

Because of time pressure, travelling, etc., no analysis was done on the fast times in the Uthungulu Veld & Vlei Marathon in Richards Bay last week. The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows the marathon course to be well short. The RTB figure (for ten time comparisons) is -12.03 sec/km – much more than twice the allowable -5 sec/km. The 10 km course seems to be fine – the RTB figure for eight time comparisons is -1.1 sec/km. The times in the marathon can therefore not be used for statistical purposes.

ROAD RUNNING

Spar Grand Prix Series 10 km

(Women only)

Johannesburg, 9 October

1. Irvette van Zyl (Ned AGN) 34:58
2. Mapaseka Makhanya (Olifants) 35:46
3. Rutendo Nyahora (ZIM/Ned AGN) 36:00
4. Glenrose Xaba (Eskom) 36:28
5. Onneile Dintwe (BOT/Ned AGN) 36:37
6. Lebogang Phalula (Boxer) 37:04
7. Andrea Steyn (KPMG) 37:17
8. Lebo Phalula (Boxer) 37:35
9. Christine Kalmer (KPMG) 37:41
10. Simonay Weitsz (Ind) 37:58 (1st jun)
11. Lineo Chaka (LES/NRB) 38:01
12. Marelise Retief (Boxer) 38:24
13. Janie Grundling (Boxer) 38:40
14. Chery-lee Schoeman (KPMG) 39:02
15. Chane Wilson (KPMG) 39:04
16. Thembi Baloyi (Ind) 39:30
17. Mpho Mabuza (Gallop) 39:44
18. Caroline Wöstmann (KPMG) 39:58
19. Carina Swiegers (Pukke) 40:06
20. Yandiswa Shange (KPMG) 40:15

Veterans: 1. Ulrica Stander (KPMG) 40:34; 2. Ronel Thomas (Boxer) 41:49; 3. Janene Carey (Boxer) 41:57. **Masters:** 1. Judy Bird (KPMG) 41:49; 2. Ansie Breytenbach (Irene) 45:36; 3. Sarah Mahlangu (Ricoh) 46:39. **G'masters:** 1. Margie Saunders (Ned EP) 46:13; 2. Mkgaoale Magwetshu (Ukho) 60:49; 3. Margaret Boshoe (Sunning) 61:05. **Juniors:** 1. Simonay Weitsz (Ind) 37:58; 2. Chery-lee Schoeman (KPMG) 39:02; 3. Yandiswa Shange (KPMG) 40:15.

Chappies Challenge Half Marathon & 10 km

Hout Bay, 9 October

(Certified hilly out-and-back courses. Finishers: half marathon – 836; 10 km – 642 [almost double last year's 322].)

Note: The longer race was changed to a 15 km last year, but changed back to a half marathon this time around. – Ed.

Half marathon

MEN

1. Damian Will (Pine) 1:17:39
2. Rupert Becker (FH) 1:25:09 (1st vet)
3. Stephen Courtney (Harf) 1:25:30

Veterans: 1. Rupert Becker (FH) 1:25:09; 2. Scott Harris (Celtic) 1:31:50; 3. Grant Watson (Carb) 1:33:02. **Masters:** 1. Paul Cieverts (Top) 1:42:21; 2. Reece Brooks (Durb) 1:43:04; 3. Owen Hendricks (Celtic) 1:43:59. **G'masters:** 1. Mark Wagenheim (AAC) 1:43:21; 2. Albert Williams (Top) 1:46:26; 3. Andrew Cockroft (Edge) 1:49:32.

WOMEN

1. Candyce Hall (Carb) 1:31:58
2. Marjorie Guyeu (Ind) 1:36:28
3. Lisa Salmon (VOB) 1:38:18

Veterans: 1. Tracy Forbes (VOB) 1:40:14; 2. Mari Gardner (VOB) 1:43:26; 3. Jana Trojan (CZE/VOB) 1:45:41. **Masters:** 1. Sabine Muller (Hout) 1:53:32; 2. Roldah Orrie (Itheke) 1:54:00; 3. Debbie Lombard (VOB) 1:55:29. **G'masters:** 1. Nancy Will (Pine) 1:51:35; 2. Nadia Wilds (Celtic) 2:08:03; 3. Sandra Eardley (VOB) 2:11:15. **Juniors:** 1. Kirsten Bloomer (UCT) 2:02:33; 2. Qudsiyyah Ceres (Ommie) 2:21:40.

10 km

MEN

1. Babalo Hambi (Itheke) 35:57
2. Akhona Makila (VOB) 37:08
3. Calvin Hammond (Ned) 37:45 (1st jun)

Veterans: 1. Andrew Cooper (Ned) 39:25; 2. Karl Richard (FH) 45:26; 3. David Heyneke (Celtic) 62:13. **Masters:** 1. John September (Itheke) 38:24; 2. Derek Oehley (Harf) 38:53; 3. Monde Tutani (Gugs) 39:56. **G'masters:** 1. Neville [illegible] (FH) 48:23; 2. Paul San Giorgio (VOB) 51:27; 3. Max Brock (Celtic) 58:37. **Juniors:** 1. Calvin Hammond (Ned) 37:45; 2. Michael Mackintosh (FH) 38:25; 3. Cameron Mackintosh (FH) 42:00.

WOMEN

1. Ebeth Marais (Maties) 41:19
2. Busisiwe Matiwane (Ned) 44:48 (1st vet)
3. Daniella Calthorpe (Ind) 46:43

Veterans: 1. Busisiwe Matiwane (Ned) 44:48; 2. Janice Charles (SS) 49:56; 3. Nicola Hendricks (Carb) 51:37. **Masters:** 1. Bridgid Hamilton-Russell (Harf) 47:09; 2. Naomi Badenhorst (VOB) 56:06; 3. Sonia Harlock (FH) 56:18. **G'masters:** 1. Charmaine Cupido (Ned) 50:46; 2. Helen du Plessis (Brack) 50:54; 3. Judith Grove (Tyger) 53:03. **Juniors:** 1. Anchelle Cooper (Ned) 82:50.

Swift Half Marathon & 10 km

Pietermaritzburg, 9 October

(Distances: 21.1 km & 10 km; course configurations unknown)

Note: Unfortunately many times were missing from the results. – Ed.**Half marathon**

MEN

1.	Slindile Gubese	Phantane AC	n/t
2.	Thobane Chagwe	Maxed Elite	n/t
3.	S. Shaba	Ixopo AC	n/t

WOMEN

1.	Lindo Gabela	Muden AC	n/t
2.	Nonsikelelo Mbambo	Save Orion AC	n/t
3.	Sibongile Zigubu	Eskom A K	n/t

10 km

MEN

1.	Sipho Mbanjwa	Phantane AC	32:04
2.	Ndumiso Sokhela	Speed Exp	32:35
3.	Lindokuhle Sithole	Ind	33:11

40-49:

1.	Silictor Manduw	Save Orion AC	34:28
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50-59:

1.	Boy Goge	Ubunye AC	47:18
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60-69:

1.	Bongani Ndlovu	Zabalaza AC	47:24
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70+:

1.	Brian Birch	Coll Harr	70:25
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WOMEN

1.	Balhabile Mkhize	Speed Exp	n/t
2.	Nomusa Xaba	Muden AC	42:29
3.	Thembasile Zugu	Muden AC	42:38
4.			

40-49:

1.	Clare Spencer	Coll Harr	57:56
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50-59:

1.	Ntobifikle Mntungwe	Speed Exp	59:06
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60-69:

1.	Sheree Kirsten	West AC	55:43
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70+:

1.	Gill Tregenna	West AC	62:43
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BU CO Kowie Striders 27 km (38th) & 10 km

Bathurst to Port Alfred, 8 October

(Point-to-point courses, with approx. 20 km of the 27 km on gravel. Finishers: 27 km – 228 [up from 183 last year]; 10 km – 102 [up from 61].)

27 km

MEN

1	George	Ntshiliza	Bluewater Bay	37	1:30:28
2	Zolani	Mabhongo	Ikhamba AC	30	1:30:49
3	Anele	Maliza	Nedbank RC	38	1:33:04

4	Zolile	Mhlahlo (1 st vet)	Achilles AAA	41	1:36:49
5	Thobile	Xata	Bluewater Bay	42	1:40:36
6	Bulalani	Mapetshana	Phakama AC	37	1:41:32
7	Nkosinathi	Gcakasi	Bluewater Bay	45	1:42:50
8	Jarryd	Cooke	Charlo AC	22	1:42:59
9	Darren	Heathcote	Born To Run	30	1:47:26
10	Khayelihle	Ncube	Nedbank RC	29	1:48:17
11	Jacques	Barnard	Despatch AC	40	1:52:00
12	Wilson	Potgieter	Kouga Multi S C	27	1:52:34
13	Jason	Le Roux	Temp	33	1:54:33
14	Michael	Prince	Nedbank RC	42	1:56:16
15	Errol	Whittal	Charlo AC	41	1:56:43
16	Wayne	Maart	Born To Run	38	1:58:17
17	Gervais	Ally	Queenstown Harr	29	1:58:18
18	Graham	Terblanche (1 st mast)	Madibaz AC	51	1:58:22
19	Siphelo	Bobotyane	Lukhanji AC	47	1:58:37
20	Leslie	Cusens	Temp	53	1:59:05

40-44:

1	Zolile	Mhlahlo	Achilles AAA	41	1:36:49
2	Thobile	Xata	Bluewater Bay	42	1:40:36
3	Jacques	Barnard	Despatch AC	40	1:52:00

45-49:

1	Nkosinathi	Gcakasi	Bluewater Bay	45	1:42:50
2	Siphelo	Bobotyane	Lukhanji AC	47	1:58:37
3	Thandalantu	Poswa	Brac	45	2:06:11

50-54:

1	Graham	Terblanche	Madibaz AC	51	1:58:22
2	Leslie	Cusens	Temp	53	1:59:05
3	Mario	Hockly	Albany SS	53	2:00:09

55-59:

1	Efese	Peter	SANDF AC EP	56	2:03:49
2	Gavin	Stephens	Born To Run	55	2:14:27
3	Chester	Brooks	Xcel AC	58	2:17:01

60-64:

1	Richard	Foss	Albany SS	62	2:19:18
2	Colin	Parkins	Bluewater Bay	63	2:29:34
3	Ken	Barwood	Achilles AAA	61	2:43:11

65-69:

1	Sizinzo	Kama	Achilles AAA	65	2:14:30
2	Geoff	Hawkridge	Harlequin Harri	69	2:57:11
3	Robert	Joiner	Kowie Striders	69	3:06:01

75-79:

1	Godfrey	Kariem	Gelvan AC	76	2:54:37
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WOMEN

1	Asanda	Solani	Achilles AAA	33	1:59:27
2	Christine	Claasen (1 st mast)	Achilles AAA	52	2:03:48
3	Leah	Sloman	Madibaz AC	24	2:04:54
4	Mandy	Jackson	Temp	35	2:06:06
5	Terri-Lynn	Penney	RWFL EP	39	2:13:10
6	Liezl	Heideman	Queenstown Harr	38	2:14:41
7	Terray	Newcombe	Elite AC	25	2:18:50
8	Hanlie	Van der Westhuizen (1 st g'mast)	Despatch AC	60	2:19:44
9	Janine	Gardiner	Charlo AC	35	2:20:57
10	Annelie	Gregory (1 st vet)	Body Concept	42	2:22:30
11	Amanda	Prideaux	Bluewater Bay	41	2:26:46

12	Renee	Hawkridge	Harlequin Harri	65	2:27:57
13	Toegeda	Vyver	Nedbank RC	44	2:28:28
14	Louise	Mazuelas	Charlo AC	38	2:28:37
15	Tracey	Crommelin	Temp	36	2:29:27
16	Ludine	Williams	Malabar	29	2:29:43
17	Tania	Jordaan	Charlo AC	40	2:30:39
18	Sarah-Jane	Forhan	Queenstown Harr	27	2:31:05
19	Denise	Darlow	Charlo AC	48	2:31:11
20	Rose-Marie	Hurford	RWFL EP	26	2:32:18

40-44:

1	Annelie	Gregory	Body Concept	42	2:22:30
2	Amanda	Prideaux	Bluewater Bay	41	2:26:46
3	Toegeda	Vyver	Nedbank RC	44	2:28:28

45-49:

1	Denise	Darlow	Charlo AC	48	2:31:11
2	Gail	Klichowicz	Achilles AAA	49	2:36:12
3	Samantha	Lange	Kempton R R	47	2:37:05

50-54:

1	Christine	Claasen	Achilles AAA	52	2:03:48
2	Aletta	Joubert	Crusaders AC	54	2:48:48
3	Janine	Barnard	Bluewater Bay	50	2:50:13

55-59:

1	Ingrid	Ford	Temp	56	3:06:00
2	Veronica	Boshoff	Despatch AC	55	3:07:32
3	Reinet	Steyn	Despatch AC	55	3:30:44

60-64:

1	Hanlie	Van der Westhuizen	Despatch AC	60	2:19:44
2	Christine	Snyman	Despatch AC	60	2:59:35
3	Theresa	Lillis	Achilles AAA	60	3:00:27

65-69:

1	Renee	Hawkridge	Harlequin Harri	65	2:27:57
2	Lynne	Marshall	Temp	67	3:48:22

70-74:

1	Marlene	Wiese	Kowie Striders	70	3:09:39
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Juniors:

1	Ntombo	Mbane	Brac	18	2:40:49
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10 km**MEN**

1	Lonwabo	Williams (1 st jun)	Tinarha AC	18	33:13
2	Siyabonga	Kahla	Motherwell AC	20	34:31
3	Sinethemba	Merele	Tinarha AC	16	35:01
4	Sivuyile	Selani	Tinarha AC	17	36:18
5	Keegan	Cooke	Charlo AC	19	36:24
6	Emihle	Mketo	Phakama AC	15	38:47
7	Carriot	Galela (1 st vet)	RWFL EP	47	40:08
8	Melikhaya	Dyubele	Eskom AC	36	40:34
9	Bongolethu	Tawo	Buffalo Runners	33	41:22
10	Mbulelo	Kitas	Youth FC AC	47	41:46
11	Stegmann	Van Zyl	Temp	26	43:36
12	Bongisizwe	Vena	Nedbank RC	27	44:14
13	Mpumelelo	Ndlumbini	Motherwell AC	44	46:51
14	Herman	Pienaar	Temp	16	47:12
15	Martin	Bekker	Temp	43	47:39
16	Bruce	Mcewan (1 st g'mast)	Achilles AAA	63	48:58
17	Simphiwe	Vilakazi	Phakama AC	23	50:14

18	Erik	Velthof	Temp	49	50:24
19	Yannick	Mahash	Temp	30	51:05
20	Grant	Crookshank	Temp	36	52:04
40-44:					
1	Mpumelelo	Ndlumbini	Motherwell AC	44	46:51
2	Martin	Bekker	Temp	43	47:39
3	Andrew	Donaghy	Temp	43	1:03:03
45-49:					
1	Carriot	Galela	RWFL EP	47	40:08
2	Mbulelo	Kitas	Youth FC AC	47	41:46
3	Erik	Velthof	Temp	49	50:24
50-54:					
1	Wouter	Loots	Charlo AC	54	53:01
2	Marius	Snyman	Charlo AC	51	54:24
3	Mlungisi	Fana	Temp	53	58:08
55-59:					
1	Desmond	Muir	Temp	58	59:24
2	Rodney	Maggott	Achilles AAA	58	1:03:45
3	Pieter	Steyn	VWAC	57	1:16:06
60-64:					
1	Bruce	McEwan	Achilles AAA	63	48:58
65-69:					
1	Graham	Channon	Achilles AAA	67	54:45
2	Bob	Stedman	Achilles AAA	67	1:08:04
3	Gert	Deyzel	St Albans AC	66	1:15:26
70-74:					
1	Ron	Clark	Bluewater Bay	73	55:23
Juniors:					
1	Lonwabo	Williams	Tinarha AC	18	33:13
2	Sinethemba	Merele	Tinarha AC	16	35:01
3	Sivuyile	Selani	Tinarha AC	17	36:18
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC	34	40:55
2	Siphokazi	Nojoko	Motherwell AC	21	42:16
3	Siphokazi	Liwani (1 st jun)	Motherwell AC	19	44:10
4	Zimkitha	Hози	Brac	21	47:58
5	Olwethu	Bomvana	Motherwell AC	30	50:29
6	Mhlanhla	Mzamo	Phakama AC	15	51:43
7	Lynda	Kirkland (1 st mast)	Temp	53	54:42
8	Charlene	Palmer	Temp	36	55:36
9	Colleen	Steele	Temp	59	58:07
10	Monica	Ives	Temp	21	1:01:09
11	Caitlyn	Potgieter	Temp	50	1:01:20
12	Karen	Wiersma (1 st vet)	Temp	43	1:03:03
13	Tyla	Newland-Nell	Temp	15	1:03:32
14	Louise	Fletcher	Temp	35	1:03:53
15	Zizipho	Bhebhula	Youth FC AC	23	1:05:34
16	Astrid	Cordier	Temp	30	1:05:56
17	Adele	Barnard	Despatch AC	36	1:06:01
18	Megan	Waywyn	Temp	31	1:06:12
19	Jenna	Harrison	Temp	31	1:06:14
20	Jackie	Pellew	Nedbank CGA	50	1:06:39
40-44:					
1	Karen	Wiersma	Temp	43	1:03:03

2	Gillian	Legg	Temp	44	1:08:49
3	Jenny	Spicer	Temp	43	1:16:06
45-49:					
1	Edith	Mac Gear	Charlo AC	48	1:29:54
2	Nikki	Wales	Temp	46	1:36:53
50-54:					
1	Lynda	Kirkland	Temp	53	54:42
2	Caitlyn	Potgieter	Temp	50	1:01:20
3	Jackie	Pellew	Nedbank CGA	50	1:06:39
55-59:					
1	Colleen	Steele	Temp	59	58:07
2	Thobeka	Mabusela	Motherwell AC	55	1:08:10
3	Jackie	Hutton	Body Concept	59	1:09:18
Juniors:					
1	Siphokazi	Liwani	Motherwell AC	19	44:10
2	Mhlanhla	Mzamo	Phakama AC	15	51:43
3	Tyla	Newland-Nell	Temp	15	1:03:32

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 8 October

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1400 [down from 1585 last year]; 10 km – 1400 [significantly down from 2030]; also 670 in 5 km.)

Half marathon

MEN

1 Sikumbuzo Seme (KPMG) 68:59; 2 Vuyisile Tshoba (TUT) 71:26; 3 Simon Mpholo (Nedbank) 71:56 (1st vet).

Veterans: 1 Simon Mpholo (Nedbank) 71:56. **Masters:** 1 Tidimalo Modiga (Temp) 79:28.

G'masters: 1 Kosie van Vuuren (Fit 2000) 2:10:14. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 1:52:07.

WOMEN

1 Kataza Shipalana (Transnet) 85:06; 2 Jennifer Koech (KEN/Nedbank) 87:43; 3 Vuyokazi Gebe (Transnet) 90:18.

Veterans: 1 Zelda Breytenbach (Vitality) 99:40; 2 Lisa Fernandez (Kyalami) 1:42:02.

Masters: 1 Ansa Strydom (Nedbank) 1:42:02. **G'masters:** 1 Carole de Waal (Wingate) 2:08:57.

10 km

MEN

1 Reghen Magwai (Tembisa) 32:43; 2 Esau Radebe (Nedbank) 32:54; 3 Musa Swakaxa (Rockies) 32:56.

Veterans: 1 Leon Baker (Midrand) 37:48; 2 Colin Witbooi (PMMC) 37:49. **Masters:** 1

Joseph Moloto (PMMC) 40:40. **G'masters:** 1 Mike du Bruto (Irene) 43:12. **G/g'masters:** 1 Lammie Fourie (Agape) 61:45. **80+:** Ken Nurden (Agape) 61:32.

WOMEN

1 Nicole Venter (Temp) 40:46; 2 Lesley Austin (KPMG) 41:00 (1st vet); 3 Historia Mokoena (SABS) 42:46.

Veterans: 1 Lesley Austin (KPMG) 41:00; 2 Colette Brighton (Phobians) 46:31. **Masters:**

1 Debbie Bredenkamp (HQH) 48:41. **G'masters:** 1 Francis van Blerk (Nedbank) 55:14.

G/g'masters: 1 Hettie Booysen (Std Bank) 92:10. **80+:** Deirdre Larkin (Randburg) 64:34.

BAKgat 10 km

Bellville, 5 October

(Certified loop course with many corners. Finishers: 917 [down from 1002 last year].)

Note: A repeat victory here for Jeromy Andreas. – Ed.

MEN

1. Jeromy Andreas (UJ) 30:38
2. Akhona Makila (VOB) 31:13
3. Vuyolwethu Mbukushe (Gugs) 31:35

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:20; 2. Nicholas Mpontshane (Sanlam) 36:32; 3. Henry Wolstenholme (Durb) 37:03. **Masters:** 1. Steve Motau (Ned AGN) 35:10; 2. Johnny Persents (WR) 35:11; 3. Eric Coetzee (FNB) 35:35. **G'masters:** 1. Gemjikile Tom (Eskom) 41:36; 2. Garry Wilford (Durb) 42:45; 3. Albert Williams (Top) 46:35. **G/g'masters:** 1. Oloff Crous (Brack) 56:51. **Juniors:** 1. Thembeke Mendu (Gugs) 32:43; 2. Jeandré September (Eerste) 34:39; 3. Lwazi Mpoyi (Held) 34:54.

WOMEN

1. Candyce Hall (Carb) 39:28
2. Ebeth Marais (Maties) 39:50
3. Tina-Marie Meyer (FNB) 41:27

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 41:35; 2. Elizabeth Brink (Durb) 43:49; 3. Madré Bethke (Sanlam) 46:31. **Masters:** 1. Mariëtte Strauss (Tyger) 41:58; 2. Olga Howard (Celtic) 43:55; 3. Roldah Orrie (Itheko) 49:26. **G'masters:** 1. Helen du Plessis (Brack) 50:05; 2. Judith Grove (Tyger) 53:44; 3. Anne Williams (PnP) 57:39. **G/g'masters:** 1. Annatjie Berntzen (Good) 73:53. **Juniors:** 1. Siziphiwe Mbatsa (VOB) 42:52; 2. Razaan Kamaldien (MSA) 44:57; 3. Celine Moses (Ommie) 46:35.

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING**Great 10 km Berlin** (9th)

Berlin, GER, 9 October

Note: This race once again produced fast times, with both winners setting national records. Zane Robertson, who already owns the New Zealand record for the half-marathon (59:47) and also set a national record of 27:33.67 for the 10000 m in the Olympic final in Rio de Janeiro, clocked a world-leading 27:28 to win by almost a minute after running negative splits. His previous best was 28:54. Robertson broke the 35-year-old Kiwi record of no less a luminary than Rod Dixon, who ran his 28:13 in 1981. In the women's race Sarah Lahti (SWE) set her third outdoor national record of 2016 when she won by an even bigger margin than Robertson in 31:57. Like Robertson, she scored a national record of 31:28.43 in Rio and also ran 15:38 for 5 km earlier in the year. – Ed.

MEN (gun times)

1. Zane Robertson, NZL 27:28 NR/WL/PB
[13:49 / 13:39]
2. Awet Habte, ERI 28:18 PB

3. Nicholas Korir, KEN 28:27 PB
4. Phillip Kipyeko, UGA 28:43
5. Simon Tesfay, ERI 28:44

WOMEN (gun times)

1. Sarah Lahti, SWE 31:57 NR/PB
[15:51 / 16:06]
2. Melat Yisak Kejeta, ETH 33:09 PB
3. Monika Stefanowicz, POL 34:15
4. Yvonne Kägi, SWE 34:39 PB
5. Caroline Mattern, GER 35:12

De Lage Landen MarathonEindhoven (33rd)

Eindhoven, NED, 9 October

(Distance: 42.195 km; two-loop course)

MEN (gun times)

1. Festus Talam, KEN 2:06:26 DB
2. Marius Kipserem, KEN 2:08:00
3. Nobert Kigen, KEN 2:09:19

WOMEN (gun times)

1. Truphena Chepchirchir, KEN 2:30:32 PB
2. Michèle Gantner, SUI 2:39:34 PB
3. Dominika Stelmach, POL 2:42:50 PB

Rock 'n' Roll Santander Totta Half Marathon RTP (17th) & **Rock 'n' Roll Lisbon Marathon EDP** (4th)

Lisboa, POR, 2 October

(Distances: 21.1 km [point-to-point coastal course with 8 m elevation loss] and 42.195 km [point-to-point coastal course with 11 m elevation GAIN])

Half marathon (gun times)

MEN

- | | |
|--------------------------------|---------|
| 1. Nguse Amlosom, ERI | 1:02:39 |
| 2. Remmy Limo Ndiwa, KEN | 1:02:48 |
| 3. Wilfred Kimeli Kimitei, KEN | 1:02:49 |
| ... 9. Sergey Lebid, UKR | 1:05:27 |

ELITE WOMEN

- | | |
|-------------------------------|---------|
| 1. Genet Yalew, ETH | 1:10:25 |
| 2. Margaret Agai, KEN | 1:10:28 |
| 3. Valary Jemeli Aiyabei, KEN | 1:10:44 |
| 4. Beatrice Mutai, KEN | 1:12:33 |
| 5. Magdalene Masai, KEN | 1:12:57 |
| 6. Ana Dulce Félix, POR | 1:16:19 |

Marathon (gun times)

MEN

- | | |
|------------------------|---------|
| 1. Alfred Kering, KEN | 2:10:27 |
| 2. Reuben Kerio, KEN | 2:11:09 |
| 3. Seboka Nigusse, ETH | 2:11:42 |

WOMEN

- | | |
|----------------------------|---------------|
| 1. Sarah Chepchirchir, KEN | 2:24:13 PB/CR |
|----------------------------|---------------|

2. Brigid Jepcheschir Kosgei, KEN 2:24:45 PB
3. Esther Ndiema Chemutai, KEN 2:31:41

Trento Half Marathon (2nd)

Trento, ITA, 2 October
(Distance: 21.1 km)

MEN (gun times)

1. Victor CHUMO, KEN 1:02:14 CR
2. Joash Kipruto KOECH, Atl. Potenza Picena (KEN) 1:02:23
3. Hosea Kimeli KISORIO, Atl. Virtus CR Lucca (KEN) 1:02:27

WOMEN (gun times)

1. Angela TANUI, KEN 1:09:27 CR
2. Mary Wangari WANJOHI, KEN 1:14:59
3. Martha AKENO, G.S. Valsugana Trentino (KEN) 1:15:03

RheinEnergie Marathon Köln (20th)

Köln, GER, 2 October
(Distance: 42.195 km; certified loop course)

MEN (gun times)

1. Raymond Kipchumba Choge, 1988, KEN 2:08:39 PB
2. Nicholas Manza Kamakya, 1985, KEN 2:10:22
3. Allan Kipkorir Kiprono, 1990, KEN 2:10:41

WOMEN (gun times)

1. Bornes Jepkurui Kitur, 1988, KEN 2:32:16

Kosice Peace Marathon (91st)

Kosice, SVK, 2 October
(Distance: 42.195 km)

MEN (gun times)

1. David Kemboi KIYENG, 1983, KEN 2:08:58 PB
[1:04:09 / 1:04:49]
2. Elijah Kiprono KEMBOI, 1984, KEN 2:09:24
3. Tadesse TEMECHACHU, 1991, ETH 2:10:17
4. Daniel Limo KIPROP, 1983, KEN 2:10:31
5. Henry CHIRCHIR, 1985, KEN 2:10:40

WOMEN (gun times)

1. Chaltu Tafa WAKA, 1985, ETH 2:32:20
[1:13:54 / 1:18:26]
 2. Emily Chemutai NGETICH, 1984, KEN 2:33:57
 3. Tinbit Giday WELDEGEBRIEL, 1989, ETH 2:40:49
-

NEWS**FINAL SPAR GRAND PRIX STANDINGS**

The final standings in the Spar Grand Prix Series for 2016 are (with prize money in the last column):

OPEN

1	Irvette van Zyl	Nedbank	100	R160 000
2	Lebogang Phalula	Boxer	79	R53 000
3	Christine Kalmer	KPMG	70	R32 000
4	Lebo Phalula	Boxer	68	R27 000
5	Mapaseka Makhanya	Olifantsfontein	61	R22 000
6	Cornelia Joubert	Boxer	54	R16 000
7	Glenrose Xaba	Eskom	51	R11 000
8	Janie Grundling	Boxer	50	R10 000
9	Keneilwe Sesing	KPMG	36	R8500
10	Simonay Weitsz	KPMG/Boxer	33	R7500
11=	Nolene Conrad	KPMG	29	R6000
11=	Andrea Steyn	Bicycle/KPMG	29	R6000
13	Marelise Retief	Boxer	28	R4300
14=	René Kalmer	Modern Athlete	16	R3233
14=	Ntombesintu Mfunzi	Nedbank	16	R3233
14=	Thembi Baloyi	TUT	16	R3233
17=	Tanith Maxwell	Boxer	13	
17=	Jenet Dlamini	Temp	13	
19=	Poppy Mlambo	Boxer	11	
19=	Jenna Challenor	KPMG	11	

Veterans:

1	Ulrica Stander	FNB/KPMG	39	R4300
2=	Janene Carey	Boxer	22	R2400
2=	Ronel Thomas	Boxer	22	R2400

Masters:

1	Judy Bird	Midrand	35	R4300
2	Ansie Breytenbach	Irene	10	R3200
3=	Elmarie Coetzee	FNB Multisport	4	R320
3=	Christine Claasen	Achilles	4	R320
3=	Jackie Vrey	Khoza	4	R320
3=	Gail Babich	Savages	4	R320
3=	Linda van der Gryp	Krugersdorp	4	R320

G'masters:

1	Margie Saunders	Nedbank	25	R4300
2	Nancy Will	Pinelands	9	R3200
3	Blanche Moila	Savages	8	R1600

Juniors:

1	Simonay Weitsz	KPMG	33	R4300
2	Nicole van der Merwe	KPMG	21	R3200
3	Ashleigh Simonis	Carbineers	19	R1600

BETTY CAVANAGH DONATES COMRADES BLAZER TO MUSEUM

Betty (Elizabeth) Cavanagh, the first official female winner of the Comrades Marathon in 1975, attended the opening of the newly revamped Comrades Museum on the last day of September. Cavanagh, now 85, delighted the audience with her presence.

Cavanagh, who resides in Pietermaritzburg, donated her 1975 Comrades winner's blazer to the Museum. Comrades Marathon Association (CMA) Heritage & Traditions Sub-Committee Head Jeff Minnaar, who received the blazer from Cavanagh, said, "This is a special moment in Comrades history. This Comrades keepsake, having belonged to the very first official women's winner of the Comrades Marathon, will now occupy a very special place in our Museum."



Betty Cavanagh in the Comrades Museum, dressed in the blazer she donated. [Jonathan Burton]

The 1975 edition of the Comrades Marathon was a notable one as it was the first year that both females and people of all races were allowed to officially participate in the race.

Cavanagh has ten Comrades medals under her belt, having run her first unofficial Comrades in 1970. All of her Comrades races prior to 1975 have since been verified and recognised by the CMA retrospectively.

Cavanagh's time in the 1975 Comrades, an "up" run, was 10:08.

STATS TIME

This week we include a list of the top ten SA women in the marathon for 2016. 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.

2016 MARATHON: TOP 10 WOMEN

2:32:20	Irvette van Zyl	15	London	24 Apr
2:33:48	Lebo Phalula	6	Enschede	17 Apr
2:37:12	Jenna Challenor	32	Nagoya	13 Mar
2:38:00	Lebogang Phalula	3	Cape Town	18 Sep
2:39:44	René Kalmer	19	London	24 Apr
2:41:46	Lebo Phalula-2	63	Rio de Janeiro	14 Aug
2:45:26	Tanith Maxwell	11	Cape Town	18 Sep
2:47:21	Patience Khumalo	1	East London	20 Feb
2:48:24	Christine Kalmer	96	Rio de Janeiro	14 Aug
2:48:52	Charné Bosman	1	Benoni	31 Jan
2:51:32	Mapaseka Makhanya	2	East London	20 Feb

THIS MONTH IN HISTORY

15 years ago: 14 October 2001

Elana Meyer set 23 SA records during her illustrious career, four of them over 10 km on the road. This day in Budapest saw the last of these, when she clocked 31:13 to break the 31:19 she had set four years earlier in Charleston, USA. This record, which was also a world best in the 35+ age group, still stands, and only one other South African, Colleen de Reuck, has ever run under 32 minutes. Meyer finished second in this race, beaten by the 31:02 of Catherine Ndereba. Just a week before, in Chicago, Ndereba had set a fabulous new world marathon record of 2:18:47.

□ Meyer, a DRR subscriber, turns fifty today – congratulations!

SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

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	28:42	Sibusiso Nzima	Cape Town	18 Sep
	27:28	Zane Robertson (NZL)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		18 Jun
	45:39	Jeromy Andreas	Eersterivier	
	41:41	Bitan Karoki Muchiri (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Jul
	61:26	Stephen Mokoka	Port Elizabeth	
	59:10	Geoffrey Kipsang Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		07 May
	83:28	Tumelo Mahlangu	Pretoria	
	81:12a	Siyabonga Nkonde	Pinetown	
	75:32	Christopher Landry (USA)		
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		05 Mar
	1:36:30	Melikhaya Frans	Uitenhage	
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
100 km	9:28:59	Randall Joshua	Cape Town	24 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	30:57	Gert Thys	Goodwood	12 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:35	Shadrack Hoff	Pretoria	20 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:17	Shadrack Hoff	Port Elizabeth	30 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:57	Eric Coetzee	Eersterivier	18 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:10	Nel Mtsweni	Port Elizabeth	30 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:46:19	Dan Mothibe	Cape Town	18 Sep
	2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	71:31	Martin Rees (GBR) 2013		
25 km	1:49:33	Jan Lebese	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		
30 km	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:12	Jeff Smith	Ravensmead	19 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:28	Jeff Smith	Port Elizabeth	30 Jul
	82:23	Ed Whitlock (CAN) 2001		
25 km	3:03:13	Assie van Aswegen	Pretoria	07 May
	99:59	Clive Davies (USA) 1985		
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:23:49	Johan van Zyl	Cape Town	18 Sep
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar

21.1 km	42:25 65:15 59:16	Moses Mosop (KEN) 2004 Kabelo Melamu Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Jul
WOMEN				
<u>Open</u>				
10 km	33:02 30:52	Irvette van Zyl Shalane Flanagan (USA)	Durban	17 July
15 km	30:21m 30:29w 54:24 48:14	Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002 Zintle Xiniwe Peres Chepchirchir (KEN) Cynthia Cherotich Limo (KEN) Netsanet Gudeta Kebede (ETH) Genet Ayalew Kassahun (ETH)	Constantia	05 Mar
21.1 km	46:14m 46:59w 71:00 65:51	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Irvette van Zyl Viola Chepchumba (KEN)	Port Elizabeth	30 Jul
25 km	65:09m 66:25w 1:47:01 1:33:24a 1:25:36	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Caroline Wöstmann Jenna Challenor Alphine Tuliamuk (USA)	Pretoria Pinetown	07 May 31 Jan
30 km	79:53m 82:47w 1:59:58 1:43:55	Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005 Tanith Maxwell Miharu Shimokado (JPN)	Camps Bay	10 Jan
Marathon	1:38:49m 1:39:11w 2:32:20 2:19:41	Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011 Irvette van Zyl Tirfe Beyene Tsegay (ETH)	London	24 Apr
100 km	2:15:25m 2:17:42w 10:16:48 6:33:11	Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005 Martha Pretorius Tomoe Abe (JPN) 2000	Cape Town	24 Sep
<u>Veterans (40+)</u>				
10 km	35:39 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Durban	05 Jun
15 km	54:40 49:35	Tanith Maxwell Priscilla Welch (GBR) 1985	Eersterivier	18 Jun
21.1 km	78:09 69:56	Tanith Maxwell Irina Permitina (RUS) 2009	Port Elizabeth	30 Jul
25 km	1:53:29 1:45:58a 82:13	Maria Vilakazi Suzette Botha Mizuki Noguchi (JPN) 2005	Brits Pinetown	01 Oct 31 Jan
30 km	2:00:38 1:51:37	Tanith Maxwell Mieke Pullen (NED) 2001	Simon's Town	14 Aug
Marathon	2:45:26 2:26:51	Tanith Maxwell Priscilla Welch (GBR) 1987	Cape Town	18 Sep
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	17 Apr

15 km	62:15 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Eersterivier	18 Jun
21.1 km	89:22 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	30 Jul
25 km	2:00:27 2:13:42a	Ansa Strydom Roshnee Natasen	Pretoria Pinetown	07 May 31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	East London	20 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:12 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	20 Aug
15 km	64:56 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	92:42 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	11 Jun
25 km	2:37:27 2:22:39a	Pamela Rasmussen Jenny Scott	Durban Pinetown	06 Mar 31 Jan
30 km	1:58:24 2:20:20	Gloria Brown (USA) 1994 Margie Saunders	Uitenhage	05 Mar
Marathon	2:17:11 3:30:14 3:01:30	Barbara Miller (USA) 1999 Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:14 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Grassy Park	04 Sep
15 km	82:28 72:52	Pixie Sparg Jo Klein (NED) 2004	Eersterivier	18 Jun
21.1 km	1:47:58 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	16 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:10:26 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Cape Town	18 Sep
100 km				
<u>Juniors</u>				
10 km	35:25 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Port Elizabeth	09 Aug
15 km	58:03 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	18 Jun
21.1 km	1:28:26 1:09:05	Siphokazi Liwani Delilah Asiago (KEN) 1991	Port Elizabeth	11 Jun

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