

Distance Running Results

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EDITORIAL

Sintayehu Legese Yinesu claimed his third victory in a row in the Old Mutual Soweto Marathon yesterday and ran almost three minutes faster than last year, when his 2:23:20 was the slowest winning time in the history of the race. In the women's race Selam Abere Alebachew moved up from third last year to the top of the podium and ran almost three minutes faster than she did in 2015. Still, the times were generally slow, with only six men under 2:25:00 and five women under 3 hours.

As usual, foreign runners dominated the marathon, although this time the South Africans fared a bit better than last year, with four men and three women in the top ten.

New master Reginald Ngobese set a list leader of 2:40:13.



Mary Keitany with her husband, Charles Koech, son Jared and daughter Samantha after winning the New York City Marathon for the third time yesterday. [Jane Monti/Race Results Weekly]

In the 10 km Charné Bosman, a DRR subscriber, finished as first veteran on her 41st birthday. Congratulations! In the men's race junior Kabelo Melamu finished fifth, but the results do not indicate him as the first junior; this category prize went to Kgomotso Mosiane, who ran almost a minute slower.

In New York defending champion Mary Keitany (KEN) became only the third woman to win the TCS New York City Marathon three times after running solo for the last 12 miles through the streets of the Big Apple. Keitany won in 2:24:26 for her third consecutive victory. The only other females who have won three times are Grete Waitz (nine-time champion) and Paula Radcliffe (whose wins were not consecutive). Radcliffe had a bird's eye view of the women's race from the lead motorcycle.

American track star Molly Huddle, in her first marathon, finished third in 2:28:13 to join Kara Goucher (third, 2008) and Shalane Flanagan (second, 2010) among American women to finish on the New York podium in their debut marathons.

In the men's race current world champion Ghirmay Ghebreslassie won with similar tactics – he sped away on the Willis Avenue Bridge at 19 miles and crossed the line in 2:07:51 to become, at 20, the youngest winner in the history of the race.

The top results of the SSE Airtricity Dublin Marathon were published last week. South Africa's Gerda Steyn finished 13th in a PB of 2:51:31. Also, DRR included the top ten athletes in the PacWest Conference XC Championships held in Kea'au, Hawaii, received from *Race Results Weekly*. In 11th place was Capetonian Leanda du Bruyn in 24:33. Du Bruyn's college, California Baptist, easily won the team title with positions 1, 3, 4, 7 and 8.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Old Mutual Soweto Marathon, Half Marathon & 10 km, Soweto
- * West Coast AC Half Marathon, Bloubergstrand
- * Xerox Lightning Fast 10 km, East London
- * Sportscentre Farm Run Half Marathon & 10 km, George

International highlights:

- * TCS New York City Marathon, New York, USA
 - * JoongAng Seoul International Marathon, Seoul, KOR
 - * Leeds Abbey Dash 10 km, Leeds, GBR
 - * XC: NCAA Division II West Regional Championships, Billings, USA
 - * World Trail Running Championships, Gerês, POR
-

ROAD RUNNING

Old Mutual Soweto Marathon (24th), Half Marathon & 10 km

Soweto, 6 November

(Distances: 42.195 km, 21.1 km & 10 km; loop courses at altitude. Finishers: marathon – 5259 men + 1131 women = 6390 total [up from 5181 last year]; half-marathon – 2752 men + 2668 women = 5420 total [up from 3804 last year]; 10 km – 872 men + 1627 women = 2499 total.)

Marathon

MEN

1. Sintayehu Legese Yinesu (ETH/Ned) 2:20:44 (R220 000)
2. Tsepo Mathibele (LES/Phant) 2:21:46 (R120 000)
3. Seutloali Khoarahlane (LES/ME) 2:23:22 (R90 000)
4. Ketema Bekele Negasa (ETH/Ned) 2:24:07 (R45 000)
5. Moses Mosuhli (LES/ME) 2:24:09 (R35 000)
6. Mike Fokoroni (ZIM/Ned) 2:24:39 (R25 000)
7. Edward Mothibi (Impala) 2:25:33 (R15 000)
8. Johannes Kekana (CR) 2:26:59 (R10 000)
9. Siphwe Nicholas Ndlela (Ned) 2:27:10 (R5000)
10. Jonas Makhele (Ned) 2:28:21 (R3000)

(All age category prize money except great-grandmasters was the same: R5000, R3000, R1000.)

Veterans: 1. Johannes Kekana (CR) 2:26:59; 2. Charles Tjiane (ME) 2:30:20; 3. Tumi Malefetsane (Toyota) 2:37:18. **Masters:** 1. Reginald Ngobese (RRR) 2:40:13; 2. Phadima Seroka (RWFL) 2:50:23; 3. Solomon Khumalo (Carlton) 2:51:07. **G'masters:** 1. Don Charles (Ned) 3:29:35; 2. Lekhu Molefe (Berts) 3:29:53; 3. Johan Nel (Irene) 3:30:35. **G/g'masters:** 1. Elias Taphulu (Black D) 3:47:23 (R2000); 2. John Mngadi (Rainbow) 4:35:04 (R750); 3. Pele Tshikundamalema (Olifants) 4:40:43 (R400).

WOMEN (Same prize money as men)

1. Selam Abere Alebachew (ETH/Ned) 2:42:32
2. Chelitu Bogale Asefa (ETH/Ned) 2:45:22
3. Irvette van Zyl (Ned) 2:46:32
4. Eunice Muchiri (KEN/Ned) 2:53:10
5. Ntebaleng Letsela (LES/Phant) 2:55:29
6. Lineo Chaka (LES/ME) 3:02:46
7. Jennifer Koech (KEN/Ned) 3:06:23
8. Louisa Leballo (Ned) 3:11:21
9. Monica Kativhu (ZIM/Ned) 3:12:03
10. Maphuti Elizabeth Phaka (B2R) 3:13:57

Veterans: 1. Kashmira Parbhoo (Lenasia) 3:18:45; 2. Maria Vilakazi (RWFL) 3:23:40; 3. Nocawe Morake (Wonder) 3:29:55. **Masters:** 1. Jane Mudau (Ind) 3:19:21; 2. Sarah Mahlangu (Ricoh) 3:41:13; 3. Catherine Naane (Harm) 3:58:14. **G'masters:** 1. Blanche Moila (Sav) 4:12:27; 2. Makgoale Magwentshu (Ukhozi) 4:50:45; 3. Virginia Augustine (RAC) 5:04:05. **G/g'masters:** 1. Orah Bessit (Ind) 6:01:25.

Half marathon

MEN

1. David Manja (Ned) 1:07:01 (R10 000)
2. Joel Mmone (Ned) 1:07:56 (R5000)
3. Hatasi Mthimkhulu (SWZ/Sibanye) 1:08:04 (R3000)
4. Jeffrey Gwebu (KPMG) 1:08:15 (R1500)
5. Xolisa Tyali (Ned) 1:08:54 (R1000)
6. Moorosi Boy Soke (Kovsies) 1:09:15
7. Ntekele Moshwetsi (Ned) 1:09:36
8. Rapula Diphoko (Ind) 1:09:45
9. Chabeli Sidwell Nyedimane (Ned) 1:10:09
10. Shepherd Kenatshela (Ind) 1:11:57

(All age category prize money was the same: R1500, R1000, R750.)

Veterans: 1. Majake Hlabahlaba (Sibanye) 1:16:51; 2. Phillimon Manyaka (Ned) 1:18:05; 3. Mmbengeni Masala (Jeppe) 1:18:39. **Masters:** 1. Daniel Mothibe (Runav) 1:22:25; 2. Goitsiona Modise (Jeppe) 1:35:38; 3. Aaron Veli Cindi (Erwat) 1:35:48. **G'masters:** 1. André Jansen (GS) 1:34:08; 2. Willie Maisela (Boks) 1:37:57; 3. Les Ivings (Carlton) 1:39:05. **G/g'masters:** 1. Willie Els (VLC) 2:19:07; 2. Joaquim Teixeira (Hamlett) 2:20:22; 3. Philip Maphumulo (Ned) 2:43:14. **Juniors:** 1. Obey Ndou (Orlando) 1:18:26; 2. Rolius Mokiri (Makhud) 1:22:59; 3. Lizwi Mbuyisa (Loskop) 1:26:33.

WOMEN (Same prize money as men)

1. Onneile Dintwe (BOT/Ned) 1:19:41
2. Lebogang Phalula (Boxer) 1:20:17
3. Christine Kalmer (KPMG) 1:23:00
4. Maria Ganthale Shai (Ned) 1:23:40
5. Mema Tiango (Ind) 1:26:51
6. Mamosebetsi Khajoane (LES/Phant) 1:26:54
7. Andronica Mokgotla (Ned) 1:30:52
8. Elizabeth Dhiwayo (RWFL) 1:34:29
9. Anet Coetzee (KPMG) 1:34:41

10. Robyn Kaltenbrunn (KPMG) 1:35:01

Veterans: 1. Elizabeth Dhiwayo (RWFL) 1:34:29; 2. Bambie de Wet (Harrismith) 1:43:15; 3. Makhosazana Nkala (Scaw) 1:43:48. **Masters:** 1. Rita van Wyk (Boks) 1:49:20; 2. Magdalena Makgata (Tsut) 1:55:04; 3. Kholiwe Khoza (Ulinda) 1:57:55. **G'masters:** 1. Selina Netshisaulu (RAC) 2:07:02; 2. Elaine Greenblatt (RAC) 2:23:58; 3. Denise Johansen (ME) 2:38:50. **G/g'masters:** 1. Deirdre Larkin (Randburg) 2:27:28; 2. Niesha Green (Pirates) 2:53:16; 3. Dorothy van Heerden (Fit) 3:29:46. **Juniors:** 1. Robyn Kaltenbrunn (KPMG) 1:35:01; 2. Nicole Bentley (Noord) 1:52:43; 3. Saphira Bokaba (Ind) 2:41:20.

10 km

MEN

1. Namakoe Nkhasi (LES/CR) 30:17 (R5000)
2. Desmond Mokgobu (Boxer) 30:28 (R3000)
3. Thabang Mosiako (Ned) 30:31 (R2000)
4. Ntsindiso Mphakathi (Ned) 31:30 (R1500)
5. Kabelo Melamu (KPMG) 32:03 (R1000)
6. Matthews Leeto (Zeerust) 32:29
7. Prince Jali (Ind) 32:31
8. Xolisani Zamkele (Elliott) 32:44
9. Kgomotso Mosiane (Ned) 32:57
10. Paulos Radebe (Tembisa) 33:06

(All age category prize money was the same: R1000, R750, R500.)

Veterans: 1. Mkhuhlane James Mgcina (SC) 34:29; 2. Harmans Mokgadi (Brooks) 34:50; 3. Sello Motloun (Ind) 35:55. **Masters:** 1. Joseph Mabodla (Colossus) 39:37; 2. Sontaga Mabale (Midrand) 39:44; 3. David Mokgari (Jhb Police) 44:23. **G'masters:** 1. Daniel Motshwene (Ned) 47:53; 2. Moses Motumi (Fast) 50:02; 3. Kenneth Tulk (Ind) 52:07. **G/g'masters:** 1. Lerumo Lentswe (Vaal) 69:23; 2. Pat Nkomo (Ind) 94:27; 3. Tony Dube (Nquthu) 98:40. **Juniors:** 1. Kgomotso Mosiane (Ned) 32:57; 2. Itumeleng Sesiko (Randmark) 33:21; 3. Tshepo Tshite (Sedibelo) 33:35.

WOMEN (Same prize money as men)

1. Chery-lee Schoeman (KPMG) 38:45 R5000
2. Lyndi Roelofse (ECA) 38:59 3000
3. Keneilwe Sasing (KPMG) 39:46 2000
4. Charné Bosman (Ned) 40:03 1500
5. Anelda van Staden (Ned) 40:24
6. Nicole van der Merwe (KPMG) 40:44
7. Puseletso Dieta (Ind) 40:46
8. Hilda Tswabudi Taueatsoala (Ind) 41:09
9. Nandipha Dywili (Ned) 41:14
10. Thandi Sehohle (KPMG) 42:03

Veterans: 1. Charné Bosman (Ned) 40:03; 2. Jane Seema (Ekur) 50:20; 3. Busisiwe Phakathi (Ind) 52:52. **Masters:** 1. Monica Reis (Roode) 53:02; 2. Stellah Madlala (Rico) 54:16; 3. Yvonne Visagie (Harm) 70:19. **G'masters:** 1. Rachel Lekalake (RRR) 69:18; 2. Margaret Pule (Ind) 74:22; 3. Violet Manase (Ind) 80:40. **G/g'masters:** 1. Mateis Mtshali (Orlando) 1:30:48; 2. Nomajaremane Lesaya Seabi (Kwat) 1:51:50. **Juniors:** 1. Chery-lee Schoeman (KPMG) 38:45; 2. Lyndi Roelofse (ECA) 38:59; 3. Nicole van der Merwe (KPMG) 40:44.

West Coast AC Half Marathon

Bloubergstrand, 5 November

(Distance: 21.1 km; certified out-and-back course with a loop at each end. Weather: cool, no wind, excellent running conditions. Finishers: 923 [slightly up from 912 last year].)

MEN

1. Mthandazo Qhina (Ned) 1:09:21 (R800)
2. Akhona Makila (VOB) 1:10:47 (R600)
3. Tsungai Mwanengeni (ZIM/Gugs) 1:11:50 (1st vet) (R300)

(All age category prize money except great-grandmasters and juniors was the same: R400, R300, R200.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:11:50; 2. Vuyani Sixaso (Gugs) 1:12:56; 3. Roger Dickson (VOB) 1:16:58. **Masters:** 1. Johnny Persents (WR) 1:18:56; 2. Steve Motau (Ned AGN) 1:20:30; 3. Leonard Kali (Gugs) 1:28:21. **G'masters:** 1. Barry Bester (CMC) 1:36:41; 2. Albert Williams (Top) 1:38:24; 3. Brian Merryweather (GBR/Edge) 1:41:59. **G/g'masters:** 1. Ronnie le Roux (Brack) 1:54:02 (R200); 2. Murco Lamminga (WC) 1:58:31 (R100); 3. Caspar Greeff (AAC) 2:05:29 (R50).

WOMEN

1. Candyce Hall (Carb) 1:27:38
2. Tanya Posthumus-Fox (Cent) 1:27:57
3. Jessica Pollock (UCT) 1:28:01

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 1:29:06; 2. Jacky Misroll (Pine) 1:38:14; 3. Alexis Sack (Carb) 1:48:06. **Masters:** 1. Angelique Rabie (Carb) 1:43:00; 2. Teretha Lourens (WC) 1:45:45; 3. Roldah Orrie (Itheke) 1:47:57. **G'masters:** 1. Nancy Will (Pine) 1:42:48; 2. Helen du Plessis (Brack) 1:48:50; 3. Ruth Leverton (Pine) 2:02:34. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:11:08; 2. Marlene James (Pine) 2:14:52; 3. Marianne Nelson (RWFL) 2:27:38. **Juniors:** 1. Sophie Cope (SH) 1:32:37 (R200).

Xerox Lightning Fast 10 km

East London, 5 November

(Point-to-point downhill course. Finishers: 402 [down from 534 last year].)

Note: A repeat victory here for Amos Nyongo, with Hanlie Botha finishing 7th overall. – Ed.

MEN

1. Amos Nyongo, 30 (Ikhamvu) 30:49
2. Ntobeko Xiniwe, 28 (B2R) 31:31
3. Vusumzi Zondo, 22 (Ned) 33:44
4. Kaylem Coetzee, 29, (Old Selb) 33:54
5. Khwezilomso Mrwebo, 24 (Ind) 35:01
6. Makaya Masumpa, 50 (B2R) 35:08

WOMEN

1. Hanlie Botha, 38 (B2R) 35:17
2. Andrea Ranger, 34 (Old Selb) 39:48
3. Caryn Lategan, 35 (B2R) 40:00
4. Chantelle Adoons, 27 (UA) 40:54
5. Ingrid Webber, 36 (Old Selb) 40:56

Sportscentre Farm Run Half Marathon & 10 km

George, 31 October

(Distances: 21.1 km & 10 km. Finishers: half marathon – 142 [up from 101 last year]; 10 km – 193 [up from 143].)

Note: Junior Macnita Samuels finished eighth overall and Daneil Feldman tenth in the 10 km. – Ed.

Half marathon

MEN

1	Ettienne Plaatjies	Nedbank	1:11:52
2	Godwin Heyns	Nedbank	1:16:28
3	Elfonso Pieterse	Nedbank	1:17:52
4	Sinesiph Didishe	Knysna MC	1:19:01
5	Mxolisi Fana	Outeniqua Harriers	1:20:14

Veterans:

1	Mxolisi Fana	Outeniqua Harriers	1:20:14
2	Joey Klaasen	Sedgefield	1:24:19

Masters:

1	Hermanus Jonkerman	Nedbank	1:31:42
2	Cornelius Bewee	Sedgefield	1:33:26

G'masters:

1	Leon van der Merwe	Outeniqua Harriers	1:51:33
2	Jan du Toit	Hartenbos	1:52:18

G/g'masters:

1	Johan Keuler	Nedbank	2:26:52
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Juniors:

1	Godwin Heyns	Nedbank	1:16:28
2	Curshwill Taylor	Nedbank	1:28:05

WOMEN

1	Elize Kloppers	Hartenbos	1:34:38
2	Liesl Grobler	Knysna MC	1:37:36
3	Carla Spangenberg	Nedbank	1:43:35
4	Charmaine Lamprecht	Nedbank	1:44:43
5	Alison Nel	Nedbank	1:45:04

Veterans:

1	Elize Kloppers	Hartenbos	1:34:38
2	Lisel Grobler	Knysna MC	1:37:36

Masters:

1	Kleintjie van Schalkwyk	Hartenbos	1:54:56
2	Rina Wray	Hartenbos	1:56:14

G'masters:

1	Mariette de Haan	Nedbank	2:07:28
2	Rose-Marie Kruger	Outeniqua Harriers	2:33:36

10 km

MEN

1	Francois Maquassa	Nedbank	33:51
2	Dullan Solomons	Nedbank	35:52
3	Booi Salman	Oudtshoorn AC	36:10

Veterans:

1	Booi Salman	Oudtshoorn AC	36:10
2	Marlon Mortlock	Knysna MC	41:58

Masters:

1	Dougie Bester	Nedbank	54:15
2	Gary Herbst	Nedbank	1:00:43

G'masters:

1	Koos Smit	Langeberg	49:27
2	Bryan Hagan-Watson	Outeniqua Harriers	59:52

Juniors:

1	Dullan Solomons	Nedbank	35:52
2	Jerome Ferland	Nedbank	36:20

WOMEN

1	Macnita Samuels	Knysna	45:06
2	Daneil Feldman	Temp	45:47
3	Kirsty Weir	Nedbank	50:07

Veterans:

1	Teresa Bester	Nedbank	50:29
2	Cia Heroldt	Nedbank	50:51

Masters:

1	Ronel Swart	Nedbank	57:45
2	Michelle Janse v. Vuuren	Nedbank	58:38

G'masters:

1	Irene Scheffer	Run Walk for Life	50:30
2	Mariet Horn	Knysna MC	1:07:33

G/g'masters:

1	Anna Marie van Eck	Nedbank	1:18:01
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Juniors:

1	Macnita Samuels	Knysna	45:06
2	Bianka Basson	Temp	53:37

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**TCS New York City Marathon (46th)**

(Abbott World Marathon Majors Event/IAAF Gold Label Road Race)

New York, USA, 6 November

(Distance: 42.195 km; certified, point-to-point, challenging course, 5.5 m total elevation loss [negligible].)

MEN (gun times)

1.	Ghirmay Ghebreslassie, 20 ERI,	2:07:51	\$100,000 + 25,000i
	[1:04:24 / 1:03:27]		
2.	Lucas Rotich, 26, KEN	2:08:53	60,000 + 15,000i
	[1:04:25 / 1:04:28]		
3.	Abdi Abdirahman, 39, USA	2:11:23	40,000 + 25,000a
	[1:04:29 / 1:06:54]		
4.	HiroYuki Yamamoto, 30, JPN	2:11:49	25,000
5.	Shadrack Biwott, 31, USA	2:12:01	PB 15,000 + 15,000a
	Lelisa Desisa, 26, ETH	DNF	
	Dathan Ritzenhein, 33, USA	DNF	

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

- | | | |
|-----------------------------|---------------------|---------------------|
| 1. Mary Keitany, 34, KEN | 2:24:26 | \$100,000 + 30,000i |
| | [1:12:39 / 1:11:47] | |
| 2. Sally Kipyego, 30, KEN | 2:28:01 | PB 60,000 |
| | [1:13:54 / 1:14:07] | |
| 3. Molly Huddle, 32, USA | 2:28:13 | DB 40,000 + 25,000a |
| | [1:13:35 / 1:14:38] | |
| 4. Joyce Chepkirui, 28, KEN | 2:29:08 | 25,000 |
| 5. Diane Nukuri, 31, BDI | 2:33:04 | 15,000 |
| ... 9. Sara Hall, 33, USA | 2:36:12 | 2,500 + 10,000a |
| Buzunesh Deba, 29, ETH | DNF | |

a) Earned USA citizen prize money

i) Earned open time bonus

JoongAng Seoul International Marathon (18th)

Seoul, KOR, 6 November

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

MEN

- | | | |
|-------------------------------|---------|------------|
| 1. Joel Kemboi Kimurer, KEN | 2:08:07 | USD 50,000 |
| 2. Ronald Kipkoech Korir, KEN | 2:09:01 | 30,000 |
| 3. Chala Dechasa, ETH | 2:09:19 | 15,000 |

WOMEN

- | | | |
|-------------------|---------|----------------------------|
| 1. Kim Sunae, KOR | 2:44:13 | KRW 10,000,000 (=USD 8758) |
|-------------------|---------|----------------------------|

Leeds Abbey Dash 10 km (32nd)

Leeds, GBR, 6 November

(Flat course)

MEN (gun times)

- | | |
|---|-------|
| 1. Jonny Mellor, Liverpool Harriers & AC, | 29:12 |
| 2. Adam Hickey, Southend, | 29:15 |
| 3. Graham Rush, Cheltenham & County Harriers, | 29:17 |

WOMEN (gun times)

- | | | |
|---|-------|----|
| 1. Eilish McColgan, Dundee Hawkhill Harriers, | 32:52 | PB |
| 2. Katrina Wootton, Coventry God, | 33:21 | |
| 3. Josephine Moultrie, Victoria Park, | 33:35 | |

CROSS-COUNTRY**NCAA Division II West Regional Championships**

Billings, USA, 5 November

(Distances: See below)

MEN (10 km)

Team results: 1. Chico State, 45; 2. Alaska Anchorage, 81; 3. Cal Poly Pomona, 90; 4. Academy of Art, 156; 5. Cal Baptist, 156.

- | | |
|---|---------|
| 1. William Reyes, SR, Chico State | 29:45.2 |
| 2. Kyle Medina, JR, Chico State | 30:05.0 |
| 3. Falco Digiallonardo, JR, Chico State | 30:05.3 |

WOMEN (6 km)

Team results: 1. Chico State, 70; 2. Simon Fraser, 103; 3. Alaska Anchorage, 111; 4. Point Loma, 124; 5. Cal Poly Pomona, 164; 6. Cal Baptist, 185.

1. Laura Aceves, SR, Cal St. San B'dino 20:56.0
2. Caroline Kurgat, JR, Alaska Anchorage(KEN) 20:59.0
3. Shannon Porter, JR, Saint Martin's 21:16.6
- ... 22. Leanda Du Bruyn, JR, Cal Baptist (RSA) 22:02.9

ULTRA/TRAIL/MOUNTAIN RUNNING**World Trail Running Championships**

Gerês, POR, 29 October

(Distance: 85 km. Finishers: 199.)

MEN

1. Luis Alberto Hernando (ESP) 8:20:26
2. Nicolas Martin (FRA) 8:30:05
3. Sylvain Court (FRA) 8:30:39
4. Benoit Cori (FRA) 8:36:25
5. Ludovic Pommeret (FRA) 8:44:15

WOMEN

1. Caroline Chaverot (FRA) 9:39:39
2. Azara Garcia Salmones (ESP) 9:45:01
3. Ragna Debats (NED) 9:47:37
4. Nathalie Mauclair (FRA) 10:13:36
5. Gemma Arenas (ESP) 10:21:11

STATS TIME

This week we include a list of the top ten SA men in the 10 km 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. Sibusiso Nzima dominates the list with four performances.

2016 10 KM: TOP 10 MEN

28:21A	Stephen Lesego Mokoka	12	Cardiff	26 Mar
28:42	Sibusiso Nzima	2	Cape Town	18 Sep
28:50	Elroy Gelant	1	Port Elizabeth	02 Apr
28:55	Melikhaya Frans	2	Port Elizabeth	02 Apr
29:01	Nzima-2	1	Richards Bay	02 Oct
29:09	Gladwin Sibabalwe Mzazi	3	Cape Town	18 Sep
29:09	Lusapho April	3	Port Elizabeth	02 Apr
29:13	Amos Mkhusele Nyongo	2	Richards Bay	02 Oct
29:13	Nzima-3	4	Port Elizabeth	02 Apr
29:15	Gelant-2	1	Sasolburg	06 Feb
29:17	Silindile Gubese	3	Richards Bay	02 Oct
29:18	Mokoka-2	2	Sasolburg	06 Feb
29:19A	Nzima-4	8	Goteborg	21 May
29:19	Lesiba Precious Mashele	4	Cape Town	18 Sep
29:27	Kabelo Melamu	5	Cape Town	18 Sep

THIS MONTH IN HISTORY

17 years ago (exactly): 7 November 1999

The Soweto Marathon has been held on 7 November quite a few times. The first race was run in 1992 and on this day Joshua Peterson scored his second consecutive win in the eighth edition of the race. He won in 2:18:18 from Cornelius Poya's 2:19:07; they were the only two runners under 2:20:00. In the women's race Sarah Mahlangu got her third victory; she would also win in 2000. Earlier in the year Peterson had run a PB 2:13:19 when he finished third in the SA Marathon in Cape Town.

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 31 Jan
	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	2:10:18	Stephen Mokoka	Shanghai	30 Oct
	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
	76:49	Martin Mondragon (MEX) 1994		
30 km	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	53:34	George Mooi	Boksburg	23 Oct
	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	2:40:13	Reginald Ngobese	Soweto	06 Nov
	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 Lebesse	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
	42:25	Moses Mosop (KEN) 2004		
21.1 km	65:15	Kabelo Melamu	Port Elizabeth	30 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:02	Irvette van Zyl	Durban	17 July
	30:52	Shalane Flanagan (USA)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN)		
		Netsanet Gudeta Kebede (ETH)		
		Genet Ayalew Kassahun (ETH)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	71:00	Irvette van Zyl	Port Elizabeth	30 Jul
	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:25:36	Alphine Tuliamuk (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Zyl	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km	10:16:48	Martha Pretorius	Cape Town	24 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	35:39	Tanith Maxwell	Durban	05 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	54:40	Tanith Maxwell	Eersterivier	18 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	78:09	Tanith Maxwell	Port Elizabeth	30 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:53:29	Maria Vilakazi	Brits	01 Oct
	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:00:38	Tanith Maxwell	Simon's Town	14 Aug
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:45:26	Tanith Maxwell	Cape Town	18 Sep
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:42	Judy Bird	Cape Town	17 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:15	Elmarie Coetzee	Eersterivier	18 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:22	Elmarie Coetzee	Port Elizabeth	30 Jul

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

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