

Distance Running Results

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Barefoot Annie Bothma on her way to winning the Southeast Region XC Championships in Virginia on Friday. [University of Virginia Athletic Department/Myrtle Beach Online]

EDITORIAL

Annie Bothma delivered a superb performance in the Southeast Region (NCAA Div I) Cross-country Championships in Charlottesville, Virginia, on Friday when she ran away with the title in 20:15.4. Competing for Coastal Carolina University, Bothma, a freshman, led two other South Africans, Kyla and Aynslee van Graan, to 13th place in the team competition. (The Van Graans are in their senior and junior year, respectively.)

Two list leaders were set in the 39th BlueBoost Winelands Marathon in Stellenbosch on Saturday – by grandmaster Kosie Botha in 3:01:52 and great-grandmaster Veronica van Niekerk in 4:08:12. The winners of the marathon were

Hein Camphor (2:33:38) and Michelle Dreyer (3:10:47), while Danzil Paulse (1:07:21) and Zimbabwean Fortunata Chidzivo (1:21:00) took the 20th running of the half marathon.

In Doha, Qatar, Anthony Migliozi (USA) and Risper Kimaiyo (KEN) won the World 50 km Championships in 2:54:02 and 3:22:45 respectively, Kimaiyo by more than three minutes. South Africa's Tanith Maxwell did not finish; she was not feeling well and stopped at 20 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Greater Edendale 10 km, Pietermaritzburg
- * Bluff Marathon & Half Marathon, Durban
- * BlueBoost Winelands Marathon & Half Marathon, Stellenbosch
- * Bay West Mall 10 km, Port Elizabeth

- * Super Spar Marathon, Half Marathon & Women's 10 km, Bela Bela (Warmbaths)
- * Save Orion Half Marathon, Pietermaritzburg
- * Checkout Verulam Falcons Half Marathon & 10 km, Durban,

International highlights:

- * Saitama International Marathon, Saitama, JPN
- * Vodafone Istanbul Marathon, Istanbul, TUR
- * Geico Rock 'n' Roll Las Vegas Marathon & Half Marathon, Las Vegas, USA
- * Marathon des Alpes Maritimes Nice-Cannes, Nice to Cannes, FRA
- * Athens Marathon. The Authentic, Athens, GRE
- * XC: Cross de Atapuerca, Atapuerca, ESP; NCAA Southeast Region, Charlottesville, USA; NCAA South Region, Tallahassee, USA; NCAA South Central Region, Fayetteville, USA
- * Track: Nittai University Time Trials, Yokohama, JPN
- * IAU World 50 km Championships, Doha, QAT

ROAD RUNNING

Greater Edendale 10 km (10th)

Pietermaritzburg, 13 November
(Loop course. Finishers: 684.)

MEN

1.	Sipho Mbanjwa	Phantane AC	31:05
2.	Bonginkosi Zwane	Phantane AC	31:08
3.	Silindile Gubese	Phatane AC	31:09
4.	Siyabonga Nkonde	Boxer AC	31:10
5.	Thobane Chagwe	Maxed Elite	31:43

40-49:

1.	Silwayiphi Mathonsi	Phuma KZN	37:49
2.	Zwe Madalala	Maxed Elite	38:12
3.	Bheki Nkhengethwa	Maxed Elite	38:19

50-59:

1.	Bongani Sikakhawe	M/Burg City	40:27
2.	Joseph Dumakude	Protea St	46:20
3.	Thulani Madondo	Ntl Carb	50:41

60-69:

1.	Freddy Mhlongo	Phantane AC	44:24
2.	Vernon Anley	DHSOB	53:48
3.	Khanga Thusi	Spartan	55:23

Juniors:

1.	Tsielo Tsanyane	Speed Exp	34:21
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WOMEN

1.	Jenet Dlamini	Umzimkulu	36:12
2.	Poppy Mlambo	Boxer AC	39:51
3.	Lindokuhle Gabela	Muden AC	39:57
4.	Baihabile Mkhize	Speed Exp	40:48
5.	Zandile Menze	Nedbank AC	41:10

40-49:

1.	Sibongile Zigubu	Escom AC	49:54
2.	Tholakele Ngcobo	Escom AC	53:21
2.	N Mdaka	Coll Harr	54:20

50-59:

1.	Ntombikile Mutungwa	Vertical Space	62:20
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2.	Ntombikile Mkhize	Ingweny AC	62:20
3.	Zandile Mtolo	M/Burg City	64:12

60+:

1.	Pat Fisher	Stella AC	57:13
2.	Denise Johanssen	Maxed Elite	66:41
3.	Wendy Coleman	Stella	68:23

Juniors:

1.	Bathabile Mkhize	Speed Exp	40:48
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Bluff Marathon & Half Marathon

Durban, 13 November

(Distances: 42.195 km & 21.1 km)

Marathon**MEN**

1 Mthokozisi Cele (SCS) 2:46:39; 2 Peter Mavura (Bluff Meats) 2:57:19; 3 Bheki Makhanya (Durban Runner) 3:07:36.

40-49: 1 Peter Mavura (Bluff Meats) 2:57:19. **50-59:** 1 Craig Anderson (DAC) 3:09:51.

60-69: 1 Chris van der Westhuizen (uMhlathuze) 4:32:42. **70+:** 1 Henk Vos (Nedbank) 5:07:54.

WOMEN

1 Janie Grundling (Boxer) 3:13:35; 2 Lisa Collett (Boxer) 3:14:02; 3 Nomthandazo Mlotshwa (Ethekewini) 3:35:14.

40-49: 1 Judith Mlaba (Savages) 4:44:54. **60-69:** 1 Brenda Hughes (Sydenham SC) 5:38:33.

Half marathon**MEN**

1 Sphamandla Nyembe (Ethekewini) 1:12:49; 2 Aphelele Phungule (Bluff AC) 1:18:39; 3 Sandile Eric Zuma (Vitality) 1:22:02.

40-49: 1 Bernard Phalatsane (Bluff Meats) 1:22:12. **50-59:** 1 Siphon Willie Majombozi (Boxer) 1:28:12. **60-69:** 1 Phineas Mandlakho (Ntombela Striders) 1:47:41. **70+:** 1 Jeff Armstrong (Athletics North) 2:19:15.

WOMEN

1 Slindile Chili (Chesterville) 1:28:31; 2 Patricia Dammann (Vitality) 1:45:45; 3 Maureen Slack (Westville) 1:48:03.

40-49: 1 Patricia Dammann (Vitality) 1:45:45. **50-59:** 1 Roshini Natasen (Highway) 1:50:42. **60-69:** 1 Pamela Rasmussen (YWP) 2:2:18. **70+:** 1 Maureen Parry (Chiltern) 2:20:27.

BlueBoost Winelands Marathon (39th) & Half Marathon (20th)

Stellenbosch, 12 November

(Distances: 42.195 km & 21.1 km; certified, hilly loop courses with approx. 4 km on gravel. Weather: Cool early on, warmer later. Finishers: marathon – 1771 total [up from 1538 last year]; half marathon – 1558 [considerably down from 2042].)

Note: Thanks to Hans Hugo for the number of finishers. – Ed.

Marathon

MEN

1. Hein Camphor (Itheke) 2:33:38 (R2500)
2. Oscar Coetzee (Itheke) 2:36:42 (R2000)
3. Phumlani Nxusani (MSA) 2:39:39 (R1500)
4. Sityhilo Diko (Ned) 2:41:33 (R500)
5. Reuben Mhashu (Hout) 2:42:15 (R250)

Veterans: 1. Roger Dickson (VOB) 2:56:51 (R1250); 2. Andile Mlandu (IT) 2:58:44 (R1000); 3. Sihle Mapukata (Ned) 3:00:10 (R750). **Masters:** 1. John September (Itheke) 3:11:16 (R750); 2. Leonard Kali (Gugs) 3:19:33 (R600); 3. Thomas Moses (Worc) 3:20:24 (R400). **G'masters:** 1. Kosie Botha (CS Bol) 3:01:52 (R500); 2. Gemjikile Tom (Eskom) 3:35:57 (R400); 3. Sam Kotze (Ned) 3:47:18 (R300). **G/g'masters:** 1. Tinus Daneel (Bell) 4:45:04 (R300); 2. Lawrence Ashworth (Strand) 4:55:36 (R250).

WOMEN (Same prize money as men)

1. Michelle Dreyer (Paarl) 3:10:47
2. Candyce Hall (Carb) 3:15:45
3. Phatiswa Dyalvane (Ned) 3:23:26
4. Guinivere Rogers (Durb) 3:27:15
5. Maritsa Kotze (Cent) 3:30:20

Veterans: 1. Marlize van Schaik (Durb) 3:31:19; 2. Jana Trojan (CZE/VOB) 3:36:33; 3. Busisiwe Matiwane (Ned) 3:37:09. **Masters:** 1. Angelique Rabie (Carb) 3:42:01; 2. Serena Haupt (FH) 3:51:55; 3. Juliette Savini (Durb) 3:54:31. **G'masters:** 1. Annelie van der Linde (Durb) 4:05:08; 2. Vollie Spies (Tuks) 4:29:19; 3. Ruth Leverton (Pine) 4:36:36. **G/g'masters:** 1. Veronica van Niekerk (EGA) 4:08:12.

Half marathon

MEN

1. Danzil Paulse (East) 1:07:21 (R1500)
2. Anda Lubelwana (Hout) 1:08:21 (R1000)
3. Bernard Rukadza (ZIM/Gugs) 1:08:30 (R750)
4. Siviwe Nkombi (Itheke) 1:08:58 (R500)
5. Vuyolwethu Mbukushe (Gugs) 1:11:08 (R250)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:13:26 (R1000); 2. Pieter Koopman (Itheke) 1:15:41 (R750); 3. Henry Wolstenholme (Durb) 1:20:16 (R500). **Masters:** 1. Steve Motau (Ned CGA) 1:21:01 (R700); 2. Robert Arnold (Top) 1:25:19 (R400); 3. Monde Tutani (Gugs) 1:25:48 (R300). **G'masters:** 1. Louis Claassen (AMSAC) 1:27:10 (R400); 2. Robbie Lindsay (Ned) 1:34:37 (R300); 3. Colin Williams (Well) 1:35:19 (R200). **G/g'masters:** 1. Jeff Smith (Itheke) 1:50:22 (R250); 2. Roelof van Weele (Whalers) 1:55:46 (R150); 3. Henk Bos (Mont) 2:03:01 (R75). **Juniors:** 1. Deon Hendricks (Stell) 1:12:48 (R250); 2. Bradley Davids (Held) 1:26:10 (R150); 3. Michael Macintosh (FH) 1:27:03 (R100).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 1:21:00
2. Jodie Swallow (GBR) 1:21:37

3. Nomvuyisi Seti (Itheko) 1:22:49
4. Danette Smith (KPMG) 1:22:57
5. Lee-Shay Willemse (Velo) 1:27:17

Veterans: 1. Ursula Turck (Strand) 1:31:21; 2. Ursula Frans (Ned) 1:32:26; 3. Anel Wesson (FH) 1:34:01. **Masters:** 1. Mariëtte Strauss (Tyger) 1:32:59; 2. Marie Louw (FNB) 1:37:29; 3. Olga Howard (Celtic) 1:38:59. **G'masters:** 1. Nancy Will (Pine) 1:42:17; 2. Hester Kotze (Durb) 1:48:48; 3. Styntjie Prins (Paarl) 1:49:47. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:08:56; 2. Marlene James (Pine) 2:21:18; 3. Cecile Kidson (Lange) 2:27:20. **Juniors:** 1. Michelle Marais (Strand) 1:40:54; 2. Ingrid Grundling (Sanlam) 2:03:16; 3. Emmily Tewas (MSA) 2:21:42.

Bay West Mall 10 km

Port Elizabeth, 12 November
(Finishers: 548)

MEN

1	Mariano	Eesou	Bestmed	24	30:37
2	Lusapho	April	Oxford Str	34	30:43
3	Melikhaya	Frans	Ikhamba AC	26	31:57
4	Rodney	Prins	Nedbank RC	28	31:59
5	Adriaan	Gerwel	Xcel AC	20	32:11
6	Brendon	Effenaar	Nedbank RC	20	32:11
7	Andre	Ketchem	Xcel AC	33	32:22
8	Lonwabo	Williams (1 st jun)	Tinarha AC	18	32:36
9	Zolani	Mabhongo	Ikhamba AC	30	32:38
10	Amos	Nyongo	Ikhamba AC	30	32:39
11	Siyabonga	Kahla	Motherwell AC	20	32:40
12	Sivuyile	Selani	Tinarha AC	17	33:23
13	Luyanda	Tshangana	Ikhamba AC	33	33:25
14	Sinethemba	Merele	Tinarha AC	16	33:50
15	Melikhaya	Kepe (1 st vet)	Nedbank RC	40	35:18
16	Sibusiso	Thu	Tinarha AC	28	35:18
17	Michael	Bester	Achilles AAA	29	35:33
18	Nathi	Mda	Motherwell AC	24	36:23
19	Siyabonga	Honni	Vukani MS Club	32	36:23
20	Darrell	Wicht (1 st mast)	Madiba BW	53	36:37

40-44:

1	Melikhaya	Kepe	Nedbank RC	40	35:18
2	Michael	Prince	Nedbank RC	42	39:01
3	Themba	Gxabeka	NMB Mun	41	41:22

45-49:

1	Martin	Jansen	Nedbank RC	48	40:58
2	Buyisile	Ngesi	PEAAC	47	42:00
3	Mbulelo	Kitas	Youth FC AC	47	43:04

50-54:

1	Darrell	Wicht	Madiba BW	53	36:37
2	Desmond	Zibi	Achilles AAA	53	41:21
3	Linton	Harmse	Bestmed	53	44:09

55-59:

1	Lorence	Ntika	Ikhamba AC	59	44:32
2	Joseph	Bain	St Albans AC	57	46:38
3	Schoombee	Pretorius	Madiba BW	59	47:53

60-64:

1	Robert	Rietmuller	PEAAC	60	46:39
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2	Dappie	Prinsloo	Kouga Multi SC	60	48:48
3	Pieter	Roux	Temp	61	50:35
65-69:					
1	Sizinzo	Kama	Achilles AAA	65	44:01
2	Hannes	Els	Madiba BW	66	44:04
3	Hansie	Els	Somerset East	68	45:15
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC	74	50:31
2	Herman	Dekker	SAPS AC EP	71	1:05:28
3	Brian	Smith	PEAAC	73	1:18:56
75+:					
1	Wells	Anderson	PEAAC	84	1:11:28
2	Willem	Schoeman	Muirite Strider	75	1:15:49
Juniors:					
1	Lonwabo	Williams	Tinarha AC	18	32:36
2	Sivuyile	Selani	Tinarha AC	17	33:23
3	Sinethemba	Merele	Tinarha AC	16	33:50
WOMEN					
1	Ndileka	Mvakwendlu	Tinarha AC	26	40:18
2	Siphokazi	Nojoko	Motherwell AC	22	40:57
3	Jamie-Lee	Schlemmer	Bestmed	20	42:04
4	Ncumisa	James (1 st jun)	Tinarha AC	14	42:36
5	Bianka	Venter	Temp	28	43:04
6	Siphokazi	Liwani	Motherwell AC	19	43:35
7	Mariette	Hattingh (1 st mast)	Nedbank RC	51	44:31
8	Vicky	Oelofse	St Albans AC	16	44:35
9	Luthando	Nxanisa	Tinarha AC	23	45:15
10	Grizelda	Pietersen	Nedbank RC	48	47:04
11	Leigh	Callaghan	Temp	21	47:43
12	Hanlie	V.d. Westhuizen (1 st g'mast)	Despatch AC	60	47:49
13	Toegeda	Vyver	Nedbank RC	44	47:59
14	Ludine	Williams	Malabar	29	48:32
15	Amanda	Prideaux	Bluewater Bay	41	48:43
16	Elize	Fenwick	Kouga Multi SC	46	48:45
17	Hayley	Mason	Temp	31	49:21
18	Sizibuie	Dibela	Eskom AC	29	49:24
19	Nolikhanyo	Mdwayi	Achilles AAA	35	49:45
20	Lesley Ann	Bush	Despatch AC	44	50:48
40-44:					
1	Toegeda	Vyver	Nedbank RC	44	47:59
2	Amanda	Prideaux	Bluewater Bay	41	48:43
3	Lesley Ann	Bush	Despatch AC	44	50:48
45-49:					
1	Grizelda	Pietersen	Nedbank RC	48	47:04
2	Elize	Fenwick	Kouga Multi SC	46	48:45
3	Michelle	Van Iddekinge	Elite AC	49	54:53
50-54:					
1	Mariette	Hattingh	Nedbank RC	51	44:31
2	Treloar	Childs	Walmer AC	53	52:40
3	Koba	Joubert	Kouga Multi SC	51	54:59
55-59:					
1	Ina	Meaker	Walmer AC	55	55:13
2	Lynette	Crause	Walmer AC	56	56:05
3	Veronica	Boshoff	Despatch AC	55	58:36

60-64:

1	Hanlie	Van der Westhuizen	Despatch AC	60	47:49
2	Christine	Snyman	Despatch AC	60	59:28
3	Rina	Barnard	Elite AC	63	1:20:58

65-69:

1	Jeanette	Pienaar	PEAAC	68	1:06:58
2	Helene	Oppel	Crusaders AC	66	1:07:32
3	Denise	Terblanche	Walmer AC	69	1:09:13

70-74:

1	Ronelle	Steyn	Nedbank RC	72	1:04:59
2	Christine	Fourie	Elite A C	70	1:08:46

75-79:

1	Isabella	Childs	Walmer AC	75	1:10:56
2	Dorothy	Hart	Bestmed	78	1:16:14

Juniors:

1	Ncumisa	James	Tinarha AC	14	42:36
2	Siphokazi	Liwani	Motherwell AC	19	43:35
3	Vicky	Oelofse	St Albans AC	16	44:35

Super Spar Marathon, Half Marathon & Women's 10 km

Bela Bela (Warmbaths), 12 November

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses. Finishers: marathon – 350, half marathon – 235; 10 km – 260.)

Marathon

MEN

1 Reginald Poopedi (ACRW) 2:36:16; 2 Musawenkosi Sibiyi (ARCW) 2:43:34; 3 Phuti Mohale (Pietersburg) 2:48:53.

Veterans: 1 Ntheleng Mosime (Cool Running) 2:49:23. **Masters:** 1 Joseph Ndlovu (ACE) 3:02:33. **G'masters:** 1 Daniel Hlongwane (Nedbank) 3:53:34.

WOMEN

1 Jane Mudau (Pietersburg) 3:20:16 (1st mast); 2 Marcelle Coetzee (KPMG) 3:21:40; 3 Pearl Hughes (Polokwane) 3:29:48.

Veterans: 1 Simonie Borchers (Loskop) 3:39:51. **Masters:** 1 Jane Mudau (Pietersburg) 3:20:16. **G'masters:** 1 Gizelle Geyer (Phobians) 4:54:28.

Half marathon

MEN

1 Ludwick Mamabolo (Nedbank) 74:51; 2 Elloitt Makgoba (Monaco) 75:00; 3 Surprise Mkofane (Temp) 78:38.

Veterans: 1 Herbert Mokgala (Cool Running) 86:58. **Masters:** 1 John Mosdell (HQB) 1:40:57. **G'masters:** 1 Paul Grobler (Secunda) 1:41:40. **Juniors:** 1 Jermaine Adams (ACE) 1:40:55.

WOMEN

1 Deanne Horn (Lichtenburg) 93:46; 2 Estelle Paul (Warmbad) 1:41:10; 3 Patience Nkosi (Nedbank) 1:42:42.

Veterans: 1 Patience Nkosi (Nedbank) 1:42:42. **Masters:** 1 Sarie Coetzee (Potties) 2:06:32.

10 km

1 Ronel Thomas (Boxer) 41:23 (1st vet); 2 Gift Ramabele (Eskom) 41:48; 3 Michelle Redelinghuys (Tuks) 42:26.

Veterans: 1 Ronel Thomas (Boxer) 41:23. **Masters:** 1 Rina du Plessis (Loskop) 61:03.
G'masters: 1 Wendy Muir (Phobians) 1:45:48. **Juniors:** 1 Lebo Phakola (Temp) 57:45.

Save Orion Half Marathon

Pietermaritzburg, 6 November
 (Distance: 21.1 km; loop course)

MEN

1.	Sibusiso Nzima	Nedbank AC	1:05:16
2.	Motlokoa Nkhabutlane	LES/Save Orion AC	1:05:19
3.	Silindile Gubese	Phantane AC	1:06:49

40-49:

1.	Nkosinathi Nyamakazi	Arthur Ford	1:24:04
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50-59:

1.	Garrett Robson	Sydenham AC	1:34:04
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60+:

1.	Laurie Raubenheimer	Hilton Harr	1:34:04
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WOMEN

1.	Jenet Dlamini	Umzimkhulu	1:18:43
2.	Jenna Challenor	KPMG	1:18:50
3.	Makhhozi Mhlongo	Savages	1:20:43

40-49:

1.	Suzette Botha	Eskom	1:28:25
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50-59:

1.	Mary Mwelase	Phuma KZN	1:46:33
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60+:

1.	Sandy Fismer	Hilton Harr	1:45:12
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Checkout Verulam Falcons Half Marathon & 10 km

Durban, 6 November
 (Distances: 21.1 km & 10 km)

Half marathon**MEN**

1.	Mawande Hlongwe	Zakhele AC	1:08:38
2.	Mziwenkosi Mjaja	Nedbank AC	1:08:52
3.	Nkosinathi Duma	Nedbank AC	1:09:34

40-49:

1.	Njabulo Hlatswayo	Newlands St	1:14:37
2.	Bernard Phalatsane	ZIM/Bluff Meats F1	1:15:24
3.	Dumisani Mtaung	Nedbank AC	1:19:08

50-59:

1.	Edmund Mngadi	Stella AC	1:22:42
2.	Cosmos Langa	Corr Serv	1:26:38
3.	Robert Ngema	Ubuntu AC	1:26:56

60+:

1.	Phineas Ntombela	KZN Striders	1:40:07
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2.	Boysie van Staden	DHSOB	1:42:51
3.	Mbekeseni Mchunu	Kwa Mashu AC	1:52:30

Juniors:

1.	Afrika Nene	Kwa Ndengezi AC	1:15:32
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WOMEN

1.	Cary-Ann Smith	Nedbank AC	1:29:11
2.	Michelle de Montille	HV	1:31:31
3.	Verna Brisloe	DHSOB	1:33:35

40-49:

1.	Thembisile Mwelase	Kwa Dabeka AC	1:44:45
2.	Debbie O'Connor	QBH	1:49:02
3.	Andra Moroney	Riverside Harr	2:03:41

50-59:

1.	Molly Parasaraman	Phoenix	2:05:39
2.	Dolly Shamlall	Verulam AC	2:32:18
3.	HarrIett Kruger	DCS	2:43:38

60+:

1.	Pat Fisher	Stella AC	2:03:38
2.	Maureen Parry	Chiltern AC	2:20:17
3.	Ivy Lottering	Wings AC	2:57:01

10 km**MEN**

1.	Nkosikhona Ntuli	Rockfield AC	33:07
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WOMEN

1.	Zama Mokoena	KPMG	39:55
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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**Saitama International Marathon (2nd)**

(IAAF Silver Label Road Race)

Saitama, JPN, 13 November

(Distance: 42.195 km; certified loop course with negligible start/finish separation; course slightly changed from last year to make it flatter)

ELITE WOMEN (gun times)

1.	Flomena Cheyech Daniel, KEN	2:23:18 CR
	[1:11:51 / 1:11:27]	
2.	Amane Gobena, ETH	2:25:58
	[1:11:50 / 1:14:08]	
3.	Monica Jepkoech, KEN	2:28:56
4.	Atsede Habtamu, ETH	2:29:44
5.	Mizuho Nasukawa, JPN	2:33:16

Vodafone Istanbul Marathon (38th)

(IAAF Gold Label Road Race)

Istanbul, TUR, 13 November

(Distance: 42.195 km; point-to-point course with about 20 m elevation loss)

MEN (gun times)

1. Evans KIPLAGAT, AZE 2:13:30
2. Shura Kitata TOLA, ETH 2:14:08
3. Peter Kiptoo Kiplagat, KEN 2:14:33

WOMEN

1. Agnes Jeruto BARSOSIO, KEN 2:28:25
2. Sechale Dalasa ADUGNA, ETH 2:33:37
3. Rahma Tusa CHOTA, ETH 2:35:44

Geico Rock 'n' Roll Las Vegas Marathon & Half Marathon (12th)

Las Vegas, USA, 13 November

(Distances: 42.195 km & 21.1 km; certified loop courses with no net elevation loss)

Marathon (gun times)

MEN

1. Michael Wardian, 42, Arlington, VA, 2:38:04

Half marathon (gun times)

MEN

1. William Kibor, 31, KEN, 1:01:21 PB/CR
2. Elkanah Kibet, 30, Colorado Springs, CO, 1:03:35 PB
3. Robert Cheseret, 33, Colorado Springs, CO, 1:04:14

WOMEN

1. Elvin Kibet, 26, Colorado Springs, CO (KEN), 1:15:35
2. Katja Goldring, 26, Flafstaff, AZ, 1:16:10
3. Kinsey Gomez, 24, Moscow, ID, 1:16:23 DB

Marathon des Alpes Maritimes Nice-Cannes (9th)

Nice to Cannes, FRA, 13 November

(Distance: 42.195 km; point-to-point coastal course, flat)

MEN (gun times)

1. Elisha KIPCHIRCHIR, 1990, KEN 2:10:45 PB
2. Felix KIMUTAI, 1989, KEN 2:11:14 PB
3. Azmeraw MENGISTU, 1992, ETH 2:12:27 PB

WOMEN (gun times)

1. Konjit TILAHUN, 1987, ETH 2:37:55

Athens Marathon. The Authentic (34th)

Athens, GRE, 13 November

(Distance: 42.195 km; hilly, point-to-point, AIMS-certified course from Marathon to Athens, finishing in the ancient Panethenaiko Stadium [same course as the 2004 Olympic Games Marathon].)

MEN (gun times)

1. Luka Rotich Lobuwan, 1988, KEN 2:12:49

- | | |
|---------------------------------|------------|
| 2. Benson Kipruto, 1991, KEN | 2:13:24 DB |
| 3. Andrew Ben Kimtai, 1989, KEN | 2:13:26 |

WOMEN (gun times)

- | | |
|------------------------------------|------------|
| 1. Nancy Jebichi Arusei, 1986, KEN | 2:38:13 DB |
| 2. Kenza Dahmani, 1980, ALG | 2:38:28 |

CROSS-COUNTRY**Cross de Atapuerca (13th)**

(IAAF Cross-country Permit Meeting)

Atapuerca (Burgos), ESP, 13 November

MEN (9000 m)

- | | |
|---------------------------------|-------|
| 1. Ayalew AWEKE, 1993, BAH | 25:05 |
| 2. Timothy TOROITICH, 1991, UGA | 25:05 |
| 3. Imane MERGA, 1988, ETH | 25:12 |
| 4. Muktar EDRIS, 1984, ETH | 25:22 |
| 5. Jairus BIRECH, 1992, KEN | 25:24 |

WOMEN (8 km?)

- | | |
|-----------------------------------|-------|
| 1. Senbere TEFERI, 1995, ETH | 24:48 |
| 2. Agnes TIROP, 1995, KEN | 24:52 |
| 3. Alice APROT, 1994, KEN | 24:58 |
| 4. Belaynesh OIJIRA, 1990, ETH | 25:11 |
| 5. Fionnuala MCCORMACK, 1984, IRL | 25:26 |

NCAA Southeast Region

Charlottesville, USA, 11 November

MEN (10 km)

Team results: 1. NC State, 90; 2. Virginia, 105; 3. Furman, 106 ...

- | | |
|------------------------------------------|---------|
| 1. Amon TERER, SR, Campbell (KEN) | 28:48.7 |
| 2. Lawrence KIPKOECH, SO, Campbell (KEN) | 28:48.8 |
| 3. Edwin KIBICHIY, SR, Louisville (KEN) | 28:54.5 |

WOMEN (6 km)

Team results: 1. NC State, 53; 2. Louisville, 163; 3. Kentucky, 164 ... 13. Coastal Carolina, 372 ...

- | | |
|-------------------------------------------------------|---------|
| 1. Annie BOTHMA, FR, Coastal Carolina (RSA) | 20:15.4 |
| 2. Erika KEMP, SR, NC State | 20:19.0 |
| 3. Katy KUNC, JR, Kentucky | 20:26.6 |
| ... 13. Kyla VAN GRAAN, SR, Coastal Carolina (RSA) | 20:51.6 |
| ... 17. Aynslee VAN GRAAN, JR, Coastal Carolina (RSA) | 20:54.8 |

NCAA South Region

Tallahassee, USA, 11 November

MEN (10 km)

Team results: 1. Mississippi, 46; 2. Mid. Tenn. State, 61; 3. Georgia, 105...

- | | |
|--------------------------------------------|---------|
| 1. Jacob Choge, FR, Mid. Tenn. State (KEN) | 30:19.8 |
|--------------------------------------------|---------|

2. Kigen Chemadi, SO, Mid. Tenn. State(KEN) 30:22.7
3. Robbie Farnham-Rose, SR, Alabama (GBR) 30:24.1
- ... 41. Katleho Dyoyi, SR, South Alabama (RSA) 31:46.1

WOMEN (6 km)

Team results: 1. Miss State, 66; 2. Mississippi, 67; 3. Vanderbilt, 138...

1. Anne-Marie Blaney, SR, UCF 20:07.2
2. Veronica Eder, SR, Auburn 20:08.6
3. Carmela Cardama Baez, SO, Florida State (ESP) 20:13.1
- ... 29. Laura Labuschaigne, SO, South Alabama(RSA)21:01.1

NCAA South Central Region

Fayetteville, USA, 11 November

MEN (10 km)

Team results: 1. Arkansas, 40; 2. Texas, 81; 3. UT-Arlington, 135 ...

1. Emmanuel ROTICH, Tulane (KEN) 29:58.9
2. Andrew RONOH, Arkansas (KEN) 30:00.2
3. Stanley LIMOH, UL-Lafayette (KEN) 30:04.7

WOMEN (6 km)

Team results: 1. Arkansas, 48; 2. Baylor, 62; 3. Rice, 93 ...

1. Devin CLARK, Arkansas 20:17.4
2. Maggie MONTROYA, Baylor 20:21.7
3. Lindsey BRADLEY, Baylor 20:24.6
- ... 15. Carina VILJOEN, Arkansas (RSA) 20:55.6

OUTDOOR TRACK

Nittai University Time Trials

Yokohama, JPN, 12-13 November

MEN

5000 (13):

Heat 41:

1. Bedan Karoki (KEN), 13:25.64
2. Ronald Kwemoi (KEN), 13:27.77
3. Kassa Mekashaw (ETH), 13:31.08

10000 (12):

Heat 6:

1. Bedan Karoki (KEN), 27:07.30 SB
2. Jonathan Ndiku (KEN), 27:11.23 PB
3. John Maina Ndirangu (1994/KEN), 27:21.97 PB

ULTRA/TRAIL/MOUNTAIN RUNNING

IAU World 50 km Championships

Doha, QAT, 11 November

(Finishers: 48)

Note: The race was run on a 20-lap course (2.5 km/lap). It was a tough course, flat but mostly on brick and although it was run at night, it was warm. – Ed.

MEN

1	Anthony Migliozi	USA	2:54:02
2	Tyler Andrews	USA	2:56:04
3	Collen Makaza	ZIM	2:56:58
4	Nao Kazami	JPN	2:57:47
5	Andrew Davies	GBR	2:58:25
6	Michael Kallenberg	GBR	2:59:30
7	Ross Houston	GBR	3:01:34
8	Benedikt Hoffman	GER	3:02:38
9	Bryan Morseman	USA	3:06:33
10	Philips Sharubutu	NGR	3:07:36

Teams: 1. USA 8:56:37; 2. GBR 8:59:29; 3. GER 9:45:58.

WOMEN

1	Risper Kimaiyo	KEN	3:22:45
2	Nele Alder-Baerens	GER	3:25:53
3	Amy Clements	GBR	3:26:17
4	Heather Tanner	USA	3:29:01
5	Rebecca Hilland	GBR	3:34:08
6	Caitlin Smith	USA	3:34:22
7	Samantha Amend	GBR	3:35:36
8	Hannah Oldroyd	GBR	3:35:57
9	Khishigsaikhon Galbadrakh	MGL	3:36:29
10	Adrian Chouinard	USA	3:36:37
	Tanith Maxwell, RSA, dnf		

Teams: 1. GBR 10:36:01; 2. USA 10:40:00; 3. CRO 11:26:36.

STATS TIME

This week we include a list of the top ten SA women 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. Irvette van Zyl (seven times) and the Phalula twins (six each) absolutely dominate the list – they own nineteen of the 26 performances.

2016 10 KM: TOP 10 WOMEN

33:02	Irvette van Zyl	1	Durban	17 Jul
33:05	Lebogang Phalula	2	Durban	17 Jul
33:18	Lebo Phalula	3	Durban	17 Jul
33:24	Van Zyl-2	1	Cape Town	17 Apr
33:25	Lebo Phalula-2	2	Cape Town	18 Sep
33:26	Van Zyl-3	1	Durban	05 Jun
33:28	Van Zyl-4	1	Port Elizabeth	07 May
33:30	Van Zyl-5	1	Pretoria	23 Jan
33:41	Lebogang Phalula-2	1	Johannesburg	09 Aug

33:55	Van Zyl-6	1	Pretoria	20 Feb
33:59	Lebogang Phalula-3	3	Cape Town	17 Apr
33:59A	Nolene Conrad	31	Cardiff	26 Mar
34:09	Lebo Phalula-3	1	Sasolburg	06 Feb
34:09	Lebogang Phalula-4	2	Port Elizabeth	07 May
34:10	Lebo Phalula-4	3	Port Elizabeth	07 May
34:11	Christine Kalmer	5	Cape Town	17 Apr
34:24A	Cornelia Joubert	42	Cardiff	26 Mar
34:37A	Lebo Phalula-5	45	Cardiff	26 Mar
34:39	Lebo Phalula-6	3	Durban	05 Jun
34:41	Lebogang Phalula-5	1	Pietermaritzburg	07 Aug
34:42	Zintle Xiniwe	1	Port Elizabeth	02 Apr
34:48	Lebogang Phalula-6	2	Sasolburg	06 Feb
34:50	Glenrose Xaba	5	Durban	05 Jun
34:51	Jenna Challenor	4	Cape Town	18 Sep
34:57	Janet Dlamini	1	Richards Bay	02 Oct
34:58	Van Zyl-7	1	Johannesburg	09 Oct

THIS MONTH IN HISTORY

30 years ago: 2 November 1986

Italian men finished first, third and sixth in the 17th running of the New York City Marathon, with Gianni Poli taking the win over world champion Rob de Castella (AUS) in 2:11:06. The Aussie was 37 seconds behind and he was followed by defending champion Orlando Pizzolato (2:12:13). The third Italian was Salvatore Bettiol (2:13:27). In the women's race Grete Waitz (NOR) scored the eighth of her amazing total of nine victories. Pizzolato had won in both 1984 and 1985. Ten years later another Italian, Giacomo Leone, also took the title.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:39	Jeromy Andreas	Eersterivier	18 Jun
	41:41	Bitan Karoki Muchiri (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	30 Jul
	59:10	Geoffrey Kipsang Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	75:32	Christopher Landry (USA)		
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		

Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		30 Oct
	2:10:18	Stephen Mokoka	Shanghai	
	2:03:05	Eliud Kipchoge (KEN)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		24 Sep
	9:28:59	Randall Joshua	Cape Town	
	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
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

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				

Grandmasters (60+)

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	3:01:52	Kosie Botha	Stellenbosch	12 Nov
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

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 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Ravensmead	19 Mar
21.1 km	95:28 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Port Elizabeth	30 Jul
25 km	3:03:13 99:59	Assie van Aswegen Clive Davies (USA) 1985	Pretoria	07 May
30 km	2:22:55 2:00:56	Jeff Smith Ed Whitlock (CAN) 2001	Camps Bay	10 Jan
Marathon	3:23:49 2:54:49	Johan van Zyl Ed Whitlock (CAN) 2004	Cape Town	18 Sep
100 km				
<u>Juniors</u>				
10 km	30:34 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Benoni	31 Jan
15 km	46:36 42:25	Adrian Wildschutt Moses Mosop (KEN) 2004	Ravensmead	19 Mar
21.1 km	65:15 59:16	Kabelo Melamu Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Jul
WOMEN				
<u>Open</u>				
10 km	33:02 30:52 30:21m 30:29w	Irvette van Zyl Shalane Flanagan (USA) Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002	Durban	17 July
15 km	54:24 48:14	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 65:09m 66:25w	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Irvette van Zyl Viola Chepchumba (KEN) Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007	Port Elizabeth	30 Jul
25 km	1:47:01 1:33:24a 1:25:36 79:53m 82:47w	Caroline Wöstmann Jenna Challenor Alphine Tuliamuk (USA) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pretoria Pinetown	07 May 31 Jan
30 km	1:59:58 1:43:55 1:38:49m 1:39:11w	Tanith Maxwell Miharu Shimokado (JPN) Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011	Camps Bay	10 Jan
Marathon	2:32:20 2:19:41 2:15:25m 2:17:42w	Irvette van Zyl Tirfe Beyene Tsegay (ETH) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	London	24 Apr
100 km	10:16:48 6:33:11	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	Tanith Maxwell	Eersterivier	18 Jun

21.1 km	49:35	Priscilla Welch (GBR) 1985		
	78:09	Tanith Maxwell	Port Elizabeth	30 Jul
25 km	69:56	Irina Permitina (RUS) 2009		
	1:53:29	Maria Vilakazi	Brits	01 Oct
	1:45:58a	Suzette Botha	Pinetown	31 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:00:38	Tanith Maxwell	Simon's Town	14 Aug
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:45:26	Tanith Maxwell	Cape Town	18 Sep
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
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
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<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
100 km	3:01:30	Bernadine Portenski (NZL) 2010		
<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	4:08:12	Veronica van Niekerk	Stellenbosch	12 Nov
100 km	3:35:29	Helga Miketta (GER) 2013		

Juniors

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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