

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

Just one day after having won the Beachcomber 15 km (47:36), Jeromy Andreas also won the ACSA 10 km in 30:13. That was his third race in five days – he was also third in the hilly Metropolitan 1 Run 10 km on the Wednesday for a total of 35 km of racing. What an incredible waste of talent by a very promising runner! The ACSA race incorporated the WP Championships, with the titles going to Siboniso Soldaka (30:17) and Zintle Xiniwe (36:31). Junior Samuel van der Merwe scored his second PB in eight days (he ran 30:48 in the Lynne New Estates Edgemead 10 km Classic last Saturday) with his 30:23 – the fastest time by a South African junior this year.

In the Eastern Cape the 34<sup>th</sup> Aspen Port Elizabeth City Marathon was won by Tarisai Bernard Rukadza (ZIM) in 2:21:00 and Melanie van Rooyen in 2:56:19.

No time was available for Lettie Coetzee, the first grandmaster in the Muller Potgieter Half Marathon, in last week's DRR. She ran 2:09:25.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* ACSA 10 km, Bellville
- \* Run for Wollies 22 km & 10 km, Pretoria
- \* Aspen Port Elizabeth City Marathon, Port Elizabeth
- \* Beachcomber 15 km, Strandfontein
- \* Metropolitan 1 Run 10 km, Bellville
- \* Die Vlakte Marathon, Half Marathon & 10 km, Heidelberg to Witsand
- \* Tom Jenkins Half Marathon & 10 km, Pretoria

### International highlights:

- \* Fukuoka Marathon, Fukuoka, JPN
  - \* California International Marathon, Folsom Dam to Sacramento, USA
  - \* Standard Chartered Singapore Marathon, Singapore, SIN
  - \* Percy Pud 10 km, Sheffield, GBR
  - \* XC: Cross Internacional de la Constitución, Aranda de Duero, ESP
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## VIEWPOINT

### WESTERN PROVINCE POINTS THE WAY WITH DISTANCE MEETING

By Riël Hauman

I had the pleasure of attending a ground-breaking and very interesting track meeting at the Parow track on Saturday. This Distance Running Meeting, as it was called, organised by Western Province Athletics, had only six events: 10000, 3000 and 1500 for men and women combined, an 800 for men and one for women, and a medley relay. It was finished by 11 a.m.

A large number of athletes turned out, with especially big fields in the 3000 and 1500 races.

WPA has certainly pointed the way towards raising the standard of distance running, which has been slipping precipitously over the last few years. One of the reasons – there are many others, such as a lack of overall strategy for the SA season, poor coaching and over-racing on the roads – is the scarcity of distance races over 5000 m and 10000 m at the coast. During the heyday of top-class meetings in the eighties and nineties, athletes like Shadrack Hoff, John Morapedi, Hendrick Ramaala, Xolile Yawa, Matthews Temane and the Tsebe brothers – to name a few – had ample opportunities to race one another on the track – and it showed in their overall performances over the longer distances.

In 1996 South Africa had twelve men under 29 minutes for 10 km on the road, 19 under 64 minutes in the half marathon and twenty under 2:18:00 in the marathon. This year the comparable figures are four, nine and twelve; last year they were five, sixteen and eleven.

The concept of the Parow meeting is an excellent one and hopefully there will be more, not only in Western Province but in other provinces as well. It is easy to organise, require few officials and is over fairly quickly.

If I can mention one point of criticism, it is that the 10000 m started too late (at 08:30) and that the heat hampered performances. An hour earlier would have been the perfect time.

## ROAD RUNNING

### ACSA 10 km (3<sup>rd</sup>)

(Incorporating the Western Province 10 km Championships)

Bellville, 4 December

(Certified flat course, out and back with a loop at far end. Finishers: 1146 [almost double the 654 of last year].)

#### MEN

1. Jeromy Andreas (UJ) 30:13 (R1000)
2. Siboniso Soldaka (CPUT) 30:17 [WP champion] (R800)
3. Nadeel Wildschutt (Itheko) 30:21 eq PB [silver medal] (R600)
4. Samuel van der Merwe (Bell) 30:23 PB [bronze medal]

**Veterans:** 1. 1. Tsungai Mwanengeni (ZIM/Gugs) 32:15 (R600); 2. Shawn Abrahams (Celtic) 33:28 (R450); 3. Thembelani Zola (Ned) 33:39 (R350). **Masters:** 1. Johnny Persents (WR) 35:18 (R600); 2. John September (Itheko) 36:07 (R450); 3. Tobias Philander (Itheko) 37:17 (R350). **G'masters:** 1. Mochamat Kriel (Ommie) 39:02 (R400); 2. Robbie Lindsay (Ned) 41:23 (R300); 3. Goodman Mpukane (Gugs) 42:48 (R200). **G/g'masters:** 1. Jeff Smith (Itheko) 45:47 (R400); 2. Ronnie le Roux (Brack) 48:41 (R300); 3. Joseph Matthews (MS) 52:57 (R200). **80+:** 1. Caspar Greeff (AAC) 58:57 (R350); 2. David Kirby (SH) 80:55 (R250); 3. Dave Wingrin (Held) 88:35 (R150). **Juniors:** 1. Samuel van der Merwe (Bell) 30:23 (R500); 2. Rowhaldo Ratz (UWC) 31:26 (R350); 3. McMarshal Hartzenberg (UWC) 31:39 (R250).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 36:31
2. Nomvuyisi Seti (Itheko) 36:40
3. Ashleigh Simonis (Carb) 36:43

**Veterans:** 1. Obertina Kanyongo (ZIM/FNB) 41:08; 2. Chantel Simpson (Ned) 42:27; 3. Marlize Vienings (Edge) 42:43. **Masters:** 1. Mariëtte Strauss (Tyger) 42:17; 2. Olga Howard (Ned) 43:40; 3. Beverley Charters (VOB) 46:10. **G'masters:** 1. Nancy Will (Pine) 44:57; 2. Charmaine Cupido (Ned) 48:33; 3. Helen du Plessis (Brack) 49:09. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:24; 2. Marlene James (Pine) 61:29; 3. Ruth Francis (IT) 76:00. **Juniors:** 1. Juniors: 1. Ashleigh Simonis (Carb) 36:43; 2. Jana le Roux (Ned) 38:15; 3. Razaan Kamaldien (MSA) 46:14.

### Run for Wollies 22 km & 10 km

Pretoria, 3 December

(22 km: a near-loop course; 10 km: an out-and-back course. Start/finish separation: approx. 800 m for both races, i.e. 8% of the race distance for the 10 km and 3.8% for the half marathon.)

Note: In a rather strange decision, the organisers opted for the odd distance of 22 km instead of a half marathon so that runners had to walk only 1 km to the start and not 2 km. Results from Derrick Chamberlain; route information from Pieter de Jager. – Ed.

#### 22 km

MEN

- 1 Musa Nkosi (Rockies) 79:05; 2 Vuyisile Tshoba (TUT) 79:06; 3 Shadrack Hoff (Boxer) 81:46 (1<sup>st</sup> vet).

**Veterans:** 1 Shadrack Hoff (Boxer) 81:46; 2 Johnny Young (RWFL) 83:16; 3 Netshiongolwe Tshifhiwe (Faranani) 89:24. **Masters:** 1 Moses Machailo (Vitality) 99:11; 2 Theo de Villiers (ACRW) 1:52:02. **G'masters:** 1 Johan Nel (Irene) 1:47:18. **G/g'masters:** 1 Willie Els (VLC) 2:15:07.

WOMEN

- 1 Catherine Malungane (Nedbank) 1:40:19; 2 Nandipha Dywili (Nedbank) 1:40:20; 3 Trude Carstens (Temp) 1:49:54.

**Veterans:** 1 Cornia Broere (Tuks) 1:58:15; 2 Nita de Villiers (Solidarity) 2:08:30; 3 Tracy Smit (Magnolia) 2:08:44. **Masters:** 1 Ansa Strydom (Nedbank) 1:50:36; 2 Teresa le Roux (VTM) 2:21:12. **G'masters:** 1 Leonie Loots (Deloitte) 2:39:48.

#### 10 km

MEN

- 1 Reghen Magwai (Tembisa) 32:22; 2 Philani Buthelezi (KPMG) 32:30; 3 Godfrey Malape (Modikwe Mambas) 33:01.

**Veterans:** 1 David Mthombeni (Runavation) 52:33; 2 Peter Caskie (JHAC) 60:06. **Masters:** 1 Anthony Bold (Vitality) 45:08; 2 Kobus Coetser (RWFL) 45:21. **G'masters:** 1 Peter Moabelo (ACE) 51:24. **G/g'masters:** 1 Cyril Clausen (RRW) 63:15. **80+:** 1 Ken Nurden (Agape) 59:19.

WOMEN

- 1 Ronel Thomas (Boxer) 44:19 (1<sup>st</sup> vet); 2 M'zhane Loubser-Kuhn (Montana H/S) 46:28; 3 Colette Brighton (Phobians) 47:36.

**Veterans:** 1 Ronel Thomas (Boxer) 44:19; 2 Colette Brighton (Phobians) 47:36; 3 Tania Oelofse (Vitality) 73:57. **Masters:** 1 Elise Uys (Magnolia) 51:20; 2 Annelize Theron (Vitality) 58:06. **G'masters:** 1 Rina Pretorius (AS Eagles) 63:32.

### Aspen Port Elizabeth City Marathon (34<sup>th</sup>)

Port Elizabeth, 3 December

(Distance: 42.195 km; loop course with out-and-back section at beginning and end.

Finishers: marathon – 879 [up from 739 last year].)

#### MEN

1	Tarisai	Rukadza	ZIM/Guguletu	35	2:21:00
2	Zolani	Mabhongo	Ikhamba AC	30	2:24:54
3	Bulelani	Niwa	Achilles AAA	33	2:31:34
4	Anele	Maliza	Nedbank RC	38	2:31:57
5	Moklatsi	Sesing	KPMG	36	2:35:51
6	Charles	Segalo	Charlo AC	29	2:36:04
7	Zolile	Mhlahlo (1 <sup>st</sup> vet)	Achilles AAA	41	2:39:33
8	Bulelani	Mgubo	Bora	34	2:39:55
9	Saziphi	Blaai	Nedbank RC	36	2:40:24
10	Koenyama	Mokoatsi	Temp	26	2:43:31
11	Thobile	Xata	Bluewater Bay	42	2:45:40
12	Siyabonga	Madala	Guguletu	30	2:46:27
13	Xolisa	Ndlumbini	Vukani MS Club	34	2:46:44
14	Ricardo	Plaatjies	Xcel AC	33	2:47:00
15	Mthunzi	Njaca	Oxford Str	38	2:48:24
16	Leon	Baker	Midrand Strider	45	2:48:47
17	Gary	Paul	Sunninghill	34	2:48:48
18	Christopher	Mabengeza (1 <sup>st</sup> mast)	Nedbank RC	50	2:49:06
19	Sicelo	Ngobese	Inanda Qadi	36	2:52:01
20	Darrell	Wicht	Madiba BW	53	2:53:40

#### 40-44:

1	Zolile	Mhlahlo	Achilles AAA	41	2:39:33
2	Thobile	Xata	Bluewater Bay	42	2:45:40
3	Sibusiso	Ncubuka	Stella Running	42	2:54:38

#### 45-49:

1	Leon	Baker	Midrand Strider	45	2:48:47
2	Luvuyo	Stephen	Nedbank RC	46	2:56:20
3	Kirsten	Leemans	Fourways	45	2:59:07

#### 50-54:

1	Christopher	Mabengeza	Nedbank RC	50	2:49:06
2	Darrell	Wicht	Madiba BW	53	2:53:40
3	Jan	Fick	Graaff-Reinet	51	2:59:47

#### 55-59:

1	Clifford	Hicken	Nedbank RC	59	3:35:20
2	Schoombee	Pretorius	Madiba BW	59	3:42:06
3	Stephen	McCarthy	Edgemead	55	3:53:20

#### 60-64:

1	Peter	Erasmus	Rand Ath Club	63	3:36:30
2	Charl	Pienaar	Old Selbornian	60	3:47:42
3	Nico	Bosscha	Temp	62	3:58:55

#### 65-69:

1	Sizinzo	Kama	Achilles AAA	65	3:48:46
2	Julian	Murphy	Sunninghill	69	3:56:32
3	Chris	Thiart	Temp	65	4:13:28

**70-74:**

1	William	Vorster	PEAAC	70	4:07:23
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**75+:**

1	Godfrey	Kariem	Gelvan AC	76	5:12:16
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**WOMEN**

1	Melanie	Van Rooyen	Richards Bay A	39	2:56:19
2	Davera	Magson (1 <sup>st</sup> vet)	Nedbank RC	42	3:10:05
3	Irene	Goncalves	Sunninghill	39	3:14:12
4	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	52	3:17:51
5	Verlie	Briscoe	DHSOB	37	3:21:54
6	Anel	Vorster	Green Mile AC	44	3:24:45
7	Olivia	Read	Temp	40	3:30:13
8	Asanda	Solani	Achilles AAA	33	3:30:14
9	Bianka	Venter	Temp	28	3:31:48
10	Katherine	Van der Walt	Body Concept	40	3:34:48
11	Lisa	Rentzke	Body Concept	33	3:36:13
12	Nerida	Lubbe	Hartenbos Draw	40	3:36:17
13	Elmare	Bezuidenhout	Charlo AC	34	3:36:20
14	Rome	Phillipson	Hartenbos Draw	34	3:38:49
15	Kerrin	Watson-Smith	Achilles AAA	34	3:39:09
16	Arinda	Swart	Temp	38	3:39:23
17	Lizette	Sydien	Xcel AC	30	3:40:22
18	Claire	Van der Nest	Body Concept	35	3:40:51
19	Natalie	Hagedorn-Hansen	Temp	41	3:42:58
20	Melaney	Delainey	Varsity Kudus	36	3:44:35

**40-44:**

1	Davera	Magson	Nedbank RC	42	3:10:05
2	Anel	Vorster	Green Mile AC	44	3:24:45
3	Olivia	Read	Temp	40	3:30:13

**45-49:**

1	Michelle	Van Iddekinge	Elite AC	49	3:52:27
2	Riana	Dercksen	Hartenbos Draw	48	4:02:51
3	Annelie	Kruger	Hartenbos Draw	46	4:02:52

**50-54:**

1	Christine	Claasen	Achilles AAA	52	3:17:51
2	Buyelwa	Kobokana	Nedbank RC	51	4:00:40
3	Kleintjie	Van Schalkwyk	Hartenbos Draw	53	4:08:05

**55-59:**

1	Amanda	Wolmarans	Walmer AC	58	4:24:15
2	Lynette	Crause	Walmer AC	56	4:30:01
3	Vanessa	Jones	Born To Run	56	4:39:36

**60-64:**

1	Cathy	Ives	Achilles AAA	63	4:33:18
2	Christine	Snyman	Despatch AC	60	4:36:04
3	Theresa	Lillis	Achilles AAA	60	4:45:53

**70-74:**

1	Christine	Fourie	Elite AC	70	5:13:47
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**Beachcomber 15 km**

Strandfontein, 3 December

(Certified flat loop course. Finishers: 778 [down from last year's 1001].)

## MEN

1. Jeromy Andreas (UJ) 47:36
2. Mthandazo Qhina (Ned) 47:45
3. Vuyolwethu Mbukushe (Gugs) 49:06

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 52:11; 2. Pieter Koopman (Itheke) 53:01; 3. Bongani Mdlalose (SANDF) 54:42. **Masters:** 1. John September (Itheke) 57:12; 2. Monde Tutani (Gugs) 59:30; 3. Eckhardt Visser (Durb) 62:24. **G'masters:** 1. Gemjikile Tom (Eskom) 64:04; 2. Mark Wagenheim (AAC) 69:35; 3. Gerald Martin (Met) 71:05. **G/g'masters:** 1. Jimmy Morris (Forest) 66:53; 2. Yusuf Gamiledien (Itheke) 93:05. **Juniors:** 1. Lukhanyo Nobakada (VOB) 56:18; 2. Yanga Keli (Sanlam) 56:29; 3. Lethu Cetywayo (VOB) 56:40.

## WOMEN

1. Ebeth Marais (Carb) 60:28
2. Nomvuyisi Seti (Itheke) 61:53
3. Candyce Hall (Carb) 62:10

**Veterans:** 1. Ursula Frans (Ned) 64:36; 2. Jacky Misroll (Pine) 68:51; 3. Caroline Wills (WR) 71:38. **Masters:** 1. Ester Brink (Strand) 69:28; 2. Cheryl Rudolph (East) 70:29; 3. Angelique Rabie (Carb) 76:16. **G'masters:** 1. Helen du Plessis (Brack) 78:08; 2. Klippie van Rooyen (Strand) 91:04; 3. Joy Riviera (SH) 91:10. **G/g'masters:** 1. Jean Cammidge (FH) 1:50:15; 2. Mabel Olivier (Strand) 1:52:35.

**Metropolitan 1 Run 10 km (23<sup>rd</sup>)**

Bellville, 30 November

(Certified loop course, very hilly. Weather: Hot, windy. Finishers: 1495 [up from 1428 last year].)

## MEN

1. Namakoe Nkhasi (LES/Ned CGA) 30:18 (R10 000)
2. Sibusiso Nzima (Ned CGA) 31:15 (R1000)
3. Jeromy Andreas (UJ) 31:17 (R500)
4. William Kaptein (Boxer) 32:09 (R300)
5. Angelo Booysen (CS Bol) 32:24 (R200)

(All age category prize money except juniors was the same: R300, R200, R100.)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 34:25; 2. Shawn Abrahams (Celtic) 35:31; 3. Xolile Macanda (Gug) 39:05. **Masters:** 1. Johnny Persents (WR) 37:45; 2. Steven Parkins (Tyger) 43:33; 3. André Harmse (Brack) 45:00. **G'masters:** 1. Gemjikile Tom (Eskom) 43:27; 2. Eise Geerts (Bell) 44:20; 3. Robbie Lindsay (Ned) 45:15. **G/g'masters:** 1. Jeff Smith (Itheke) 52:40; 2. Maajied Warley (SH) 62:06; 3. Oloff Crous (Brack) 62:23. **Juniors:** 1. Lukhanyo Nobakada (VOB) 34:43 (R1000); 2. Jeandré September (Eerste) 36:34 (R500); 3. Cameron du Toit (Celtic) 37:09 (R300).

## WOMEN (Same prize money as men)

1. Rutendo Nyahora (ZIM/Ned AGN) 37:09
2. Hanlie Botha (B2R Bor) 37:45
3. Nomvuyisi Seti (Itheke) 41:05
4. Meagan Swanepoel (Maties) 41:58 (1<sup>st</sup> jun)
5. Candyce Hall (Carb) 42:23

**Veterans:** 1. Farwa Mentoor (Ned) 44:26; 2. Elizabeth Brink (Durb) 46:22; 3. Theresa Brand (Bell) 47:54. **Masters:** 1. Roldah Orrie (Itheko) 53:29; 2. Cailey Bredenkamp (Paarl) 55:31; 3. Cheryl Rudolph (East) 55:38. **G'masters:** 1. Nancy Will (Pine) 48:24; 2. Helen du Plessis (Brack) 53:01; 3. Styntjie Prins (Paarl) 53:54. **G/g'masters:** 1. Marlene James (Pine) 67:03; 2. Wilbé Fourie (Strand) 74:07; 3. Annatjie Berntzen (Good) 76:33. **Juniors:** 1. Meagan Swanepoel (Maties) 41:58; 2. Venita Afrika (Maties) 42:41; 3. Kayla de Waal (WPCC) 43:18.

## Die Vlakte Marathon, Half Marathon & 10 km

Heidelberg to Witsand, 26 November

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point downhill courses. Finishers: marathon – 220 [up from 181 last year]; half marathon – 141 [up from 110]; 10 km – 173 [slightly down from 178].)

Note: Anel van Wyk finished seventh overall in the marathon. – Ed.

### Marathon

#### MEN

1	MXOLISE FANA	Outeniqua Harriers	48	2:44:44
2	MELIKHAYA MSIZI	Knysna MC	33	2:47:41
3	ANDRE KOEN	Ind	44	2:48:54
4	NIKI STEENKAMP	Stellenbosch AC	43	2:57:14
5	KEVIN SPRATLEY	Durbanville AC	47	2:57:51

#### Veterans:

1	Mxolise Fana	Outeniqua Harriers	2:44:44
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#### Masters:

1	Peter Jaehne	Outeniqua Harriers	3:06:09
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#### G'masters:

1	Willie Coetzee	West Coast AC	3:28:27
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#### G/g'masters:

1	Ben Bouwer	Hartenbos Drawwers	4:47:11
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#### WOMEN

1	ANEL VAN WYK	Nedbank	37	3:06:08
2	ADELE WALDRON	KPMG	42	3:11:17
3	URSULA TURCK	Strand AC	44	3:16:17
4	LAURA PEDDLE	Strand AC	34	3:18:46
5	LISL GROBLER	Knysna MC	40	3:23:46

#### Veterans:

1	Adele Waldron	KPMG	3:11:17
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#### Masters:

1	Christina de Jager	Bethlehem AC	3:39:11
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#### G'masters:

1	Esther Oosthuizen	Hartenbos Drawwers	4:57:00
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### Half marathon

#### MEN

1	GODWIN HEYNS	Nedbank	18	1:10:26
2	JACO SMITH	Durbanville AC	31	1:13:44
3	AWONKE KOMANI	Knysna MC	18	1:23:35
4	MICHEAL DAVIDS	Ind		1:25:31
5	JACOBUS BOSHOFF	Outeniqua Harriers	46	1:25:34

**Veterans:**

1	Kobus Boshoff	Outeniqua Harriers	1:25:34
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**Masters:**

1	Sandor Varga	Strand AC	1:32:17
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**G'masters:**

1	Barry Bester	Cape Multisport WPA	1:32:29
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**G/g'masters:**

1	Henk Bos	Montagu AC	1:58:29
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**Juniors:**

1	Godwin Heyns	Nedbank	1:10:26
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## WOMEN

1	WILNA EYBERS	Strand AC	47	1:36:30
2	IZAAN SMIT	Durbanville AC	35	1:37:35
3	ROME PHILLIPSON-MEYER	Hartenbos Drawwers	34	1:39:50
4	ALIDA GELDENHUYS	Langeberg AC	34	1:45:14
5	ANAMI DU PLESSIS	Langeberg AC	38	1:48:45

**Veterans:**

1	Jeane Adonis	Durbanville AC	2:07:47
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**Masters:**

1	Peggy Whitman	Westcoast AC	2:04:08
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**G'masters:**

1	Jane Mouton	Cape Multisport Eden	2:31:03
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**Juniors:**

1	Macnita Samuels	Knysna MC	1;49:36
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**10 km**

## MEN

1	RUBEN DLEPU	Langeberg AC	19	33:23
2	ARCHIE BOOME	Knysna MC	20	36:41
3	AVIWE KINANA	Knysna MC	17	36:46
4	MARK STANTFLIET	Ind	14	38:32
5	PATRICK PETERS	Military Sport Club	52	38:47

**Veterans:**

1	Marlon Mortlock	Knysna MC	41:06
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**Masters:**

1	Patrick Peters	SANDF	38:47
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**G'masters:**

1	Leon Nel	Nedbank	1:02:56
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**Juniors:**

1	Ruben Dlepu	Langeberg AC	33:23
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## WOMEN

1	CECILIA NEL	Nedbank	34	46:34
2	LARISSA OLIVIER	Nedbank	28	48:56
3	NATASHA RAMONA MITCHELL	Ind	29	52:27
4	DELMARIE HENNING	Hartenbos Drawwers	55	53:41
5	CHISMARE KAMENER	Outeniqua Harriers	36	57:00

**Veterans:**

1	Charlene Maartens	Edgemead Runners	1:02:21
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**Masters:**

1	Delmarie Henning	Hartenbos Drawwers	53:41
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**G'masters:**

1	Mariet Horn	Knysna MC	1:03:39
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**G/g'masters:**

1	Ria Bouwer	Hartenbos Drawwers	1:19:18
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**Juniors:**

1	Nicolene Blankenberg	Montagu AC	1:01:52
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**Tom Jenkins Half Marathon & 10 km**

Pretoria, 19 November

(Distances: 21.1 km & 10 km. Half marathon: two nearly identical loops, with an out-and-back section at beginning and end; 10 km – almost identical to the half-marathon's first loop; start/finish separation for both is 430 m, i.e. 4.3% of the 10 km race distance and 2.0% in the half marathon; the finish of both races is approx. 39 m lower than the start. Finishers: half marathon – 1473; 10 km – 2771.)

Note: Thanks to course measurer Pieter de Jager for very precise descriptions and maps of the routes. – Ed.

**MEN**

1. Teboho Noosi (LES/Phantane) 1:09:14
2. Collen Mulaudzi (TUT) 1:10:17
3. Kopano Peter Muso (Colossus) 1:11:01
4. Othaniel Phahlane (Arcadia) 1:12:25
5. M. Nkosi (Rockies) 1:12:43

**WOMEN**

1. Eunice Muchiri (KEN/Ned) 1:21:55
2. M. Kgatla (Faranani) 1:25:43
3. Vuyokazi Gebe (Trans) 1:32:26
4. Catherine Skosana (Ned) 1:34:45
5. Maria Vilakazi (RWFL) 1:37:16

**10 km****MEN**

1. Benedict Moeng (Rockies) 31:07
2. Samuel Segoaba (Trans) 31:18
3. Vuyisile Tshoba (TUT) 31:34
4. Milton Kekana (TUT) 31:53
5. Victor Pheeha (Monaco) 32:32

**WOMEN**

1. Glenrose Xaba (Eskom) 38:43
  2. K. Roberts (Ind) 39:33
  3. Thembi Baloyi (TUT) 40:07
  4. Ronel Thomas (Boxer) 41:26
  5. Emmah Mathibela (Ned) 42:50
-

## INTERNATIONAL

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

### ROAD RUNNING

#### **Fukuoka Marathon** (70th)

(IAAF Gold Label Road Race)

Fukuoka, JPN, 4 December

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

MEN (gun times)

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Yemane TSEGAY, ETH          | 2:08:48               |
| [1:04:25 / 1:04:23]            |                       |
| 2. Patrick MAKAU, KEN          | 2:08:57               |
| 3. Yuki KAWAUCHI, JPN          | 2:09:11               |
| 4. Hayato SONODA, JPN          | 2:10:40 PB            |
| 5. Amanuel MESEL, ERI          | 2:10:48               |
| ... 18. Cuthbert NYASANGO, ZIM | 2:15:47               |
| [1:04:26 / 1:11:21]            |                       |
| Tariku BEKELE, ETH             | DNF (2:09:01 at 40-K) |
| James KWAMBAI, KEN             | DNF (1:04:25 at half) |
| Daniel CHEBII, KEN (pace)      | DNF (1:04:24 at half) |
| Collis BIRMINGHAM, AUS (pace)  | DNF (45:35 at 15-K)   |

#### **California International Marathon** (33rd)

Folsom Dam to Sacramento, USA, 4 December

(Distance: 42.195 km; certified course with 105 m elevation loss)

MEN (gun times)

- |  |                          |
|--|--------------------------|
| 1. Nelson Oyugi, 24, Albuquerque, NM (KEN) | 2:11:41 PB \$10,000      |
| [1:05:41 / 1:06:00]                        |                          |
| 2. Elisha Barno, 31, Santa Fe, NM (KEN)    | 2:11:52 6,000            |
| 3. Daniel Tapia, 30, Mammoth Lakes, CA     | 2:12:28 PB 4,000 + 5000i |

WOMEN (gun times)

- |  |                           |
|--|---------------------------|
| 1. Sarah Kiptoo, 27, Santa Fe, NM (KEN)    | 2:31:20 \$10,000          |
| [1:13:20 / 1:18:00]                        |                           |
| 2. Stephanie Bruce, 32, Flagstaff, AZ      | 2:32:37 6,000 + 5000i     |
| 3. Lauren Jimison, 26, El Dorado Hills, CA | 2:33:22 PB 4,000 + 2000ii |

i) Earned \$5000 bonus for being within the top-10 USA marathon times for 2016

ii) Earned \$2000 bonus for being within the top-25 USA marathon times for 2016

#### **Standard Chartered Singapore Marathon**

Singapore, SIN, 4 December

(Distance: 42.195 km)

MEN (gun times)

- |                              |                                  |
|------------------------------|----------------------------------|
| 1. Felix Kiptoo KIRWA, KEN   | 2:17:17 SGD 50,000 (=USD 35,224) |
| 2. Paul KANGOGO, KEN         | 2:17:20 20,000                   |
| 3. David KIPKORIR RUTOH, KEN | 2:17:32 10,000                   |

## WOMEN (gun times)

1. Rebecca Kangogo CHESIR, KEN 2:43:03 SGD 50,000 (=USD 35,224)
2. Viola Jelagat YATOR, KEN 2:44:28 20,000
3. Peninah Jerop ARUSEI, KEN 2:44:53 10,000

**Percy Pud 10 km** (24th)

Sheffield, GBR, 4 December

(Out-and-back course with rolling hills)

## MEN (gun times)

1. Mohammad Abu-Rezeq, Altrincham & District AC 29:57 CR GBP 1000
2. Gareth Lowe, Clowne RRC 31:46
3. Jonathan Shields, City Of Sheffield AC 32:07

## WOMEN (gun times)

1. Eilish McColgan, Dundee Hawkhill Harriers 32:32 PB/CR GBP 1000
2. Julie Briscoe, Wakefield District Harriers & AC 34:40
3. Nicola Squires, Hallamshire Harriers Sheffield AC 35:51

**CROSS-COUNTRY****Cross Internacional de la Constitución** (31st)

Aranda de Duero (Burgos), ESP, 3 December

## SR. MEN (9985 m)

1. Aron Kifle, ERI 27:59
2. Yemane Haileselassie, ERI 28:31
3. Daniel Rotich Chebole, KEN 28:56
4. Amanuel Berhane, ERI 29:02
5. Javier Guerra Polo, AC Adidas 29:04

## SR. WOMEN (6105 m)

1. Gelete Burka, ETH 27:20
  2. Peninah Jerop Kandie, KEN 27:42
  3. Tania Carretero Carnero, Bilbao Atletismo 28:15
  4. Ana Lozano Del Campo, Clinica Dental Seoane Pampin 28:20
  5. Nuria Fernandez, Nike 28:30
-

## STATS TIME

An inexplicable error was included in the all-time list of women in the 50 km in last week's DRR. The third fastest time, Celeste Swart's 3:16:57 in Port Elizabeth in 2001, is completely wrong – she in fact ran 3:49:30 (it was in the Bay Ultra.) The time is wrong in my database, and thus it has been wrong in the all-time list in all the editions of the *SA Athletics Annual* since 2002. Also, I realised that the times at 50 km in the last few Two Oceans Marathons have not been included in the database. Once this has been done, a revised – and hopefully correct – list will be published. My apologies for these errors.

This week we include a list of the top ten SA men 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 MEN

2:10:18	Stephen Lesego Mokoka	1	Shanghai	30 Oct
2:11:27	Lusapho April	1	Hannover	10 Apr
2:11:33	Desmond Mokgobu	5	Cape Town	18 Sep
2:11:43	Sibusiso Nzima	4	Seville	21 Feb
2:13:17	Thabiso Benedict Moeng	9	Hamburg	17 Apr
2:14:26	Xolisa Tyali	9	Cape Town	18 Sep
2:15:24	April-2	24	Rio de Janeiro	21 Aug
2:16:37	Tumelo Motlagale	11	Cape Town	18 Sep
2:16:46	Thabang Masihlelo	12	Cape Town	18 Sep
2:17:15	Lungile Gongqa	14	Mumbai	17 Jan
2:18:12	Siyabonga Nkonde	14	Cape Town	18 Sep

## THIS MONTH IN HISTORY

### 18 years ago (exactly): 5 December 1998

Emerson Kayana scored the first of his two victories in the 16th running of the Port Elizabeth City Marathon, running 2:20:37. Celeste Swart got a solid win by more than ten minutes in the women's race with her 2:50:27. Kayana would win again the next year, running quite a bit faster (2:18:32). The 33rd running of the race last year was again on 5 December. Kayana became famous for his eleven victories in another Eastern Cape race, the Goodyear Marathon (which has had several different names over the years), of which eight was consecutive, 2001-08.

## 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

<u>Open</u>				
10 km	28:42	Sibusiso Nzima	Cape Town	18 Sep
	27:15a	James Mwangi Wangari (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:39	Jeromy Andreas	Eersterivier	18 Jun

	41:32	James Mwangi Wangari (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	30 Jul
	59:07	James Mwangi Wangari (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)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:10:18	Stephen Mokoka	Shanghai	30 Oct
	2:03:03	Kenenisa Bekele (ETH)		
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
100 km	6:24:05	Bongmusa Mthembu	Los Alcázares	27 Nov
	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

30 km	94:01	Doug Winn (USA) 2010		
	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
Marathon	1:57:07	Ed Whitlock (CAN) 1994		
	3:01:52	Kosie Botha	Stellenbosch	12 Nov
100 km	2:36:30	Yoshihisa Hosaka (JPN) 2009		
<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
100 km	2:54:49	Ed Whitlock (CAN) 2004		
<u>Juniors</u>				
10 km	30:23	Samuel van der Merwe	Bellville	04 Dec
	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		
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:02	Irvette van Zyl	Durban	17 July
	30:24	Viola Chepchumba (KEN)		
	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		
<u>Veterans (40+)</u>				
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		
<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 Natsen	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 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	4:08:12 3:35:29	Veronica van Niekerk Helga Micketta (GER) 2013	Stellenbosch	12 Nov
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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