

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

The Illovo Sugar 15 km Christmas Challenge was held for the 23rd time this weekend, with the titles taken by Siphon Mbanjwa in 47:49 and Fikile Mbuthuma in 64:00.

The previous weekend KZN also saw the running of one of South Africa's oldest sub-marathon races, the BMG Stainbank Cup, which was held for the 43rd time. The race was sponsored by the Bearing Man Group (BMG) for the 22nd time. Mbanjwa won in 2015, but this time the win went to Anele Dlamini (who was also third in the Illovo race) in 50:44 and 49-year-old Maya Lawrie in 67:08.



The five fastest women in Waikiki Beach before the 1st annual Kalakaua Merrie Mile on Saturday are (left to right) Nicole Sifuentes of Canada, Dominique Scott-Efurd of South Africa, Aisha Praught Leer of Jamaica, Shannon Osika of Ann Arbor, Mich., and Erin Finn of West Bloomfield, Mich. [Jane Monti/Race Results Weekly]

In what is believed to be America's only pro road mile with a handicap format, Edwin Ngetich Kiptoo overcame a 27-second handicap to win the inaugural Kalakaua Merrie Mile in Honolulu on Saturday in 3:57.4. Kiptoo charged past the third woman, South African Dominique Scott-Efurd, with 400 metres to go and overhauled leaders Nicole Sifuentes and Shannon Osika 300 m from the finish. With the first three athletes across the line getting prize money, Sifuentes and Osika held on for second and third, with Scott-Efurd (4:08.4) being outsprinted for fourth by Nate Brannen.

"What a cool event. I've never done anything like that before, to run with the guys," Scott-Efurd said afterwards. "I was chatting with Mason [Ferlic, an NCAA champion in the steeplechase] before the race and I said I'd never thought we'd be running in the same race. It's definitely a cool event and I'm excited that I was part of the first one."

The next day Kenya's Lawrence Cherono smashed the course record in the 44th Honolulu Marathon with his 2:09:39, the fourth fastest marathon in the USA this year. The women's race was won by Brigid Kosgei (KEN) in 2:31:11, with Buzunesh Deba (ETH) third. The day after the race Deba was declared the winner of the Boston Marathon by the Boston Athletic Association after the disqualification of Kenya's Rita Jeptoo for doping. Deba, who had crossed the Boston finish line second in a personal best 2:19:59, is also now the event's course record holder.

Samuel van der Merwe's 30:23 in the ACSA 10 km is not the fastest time by a junior this year, as mentioned last week. Kabelo Melamu ran 29:27 in the Cape Town 10 km on 18 September.

LAST ISSUE FOR 2016

This is the last issue of *Distance Running Results* for 2016, the sixteenth year of its existence. I would like to thank all the dedicated contributors for their assistance in sending results and other information during the year and answering my queries; this newsletter would not have existed without your help.

I wish all contributors and readers compliments of the season and a wonderful, healthy and happy 2017. The next issue of DRR will be sent out on 9 January (but contributors should please continue sending results for the rest of this year).

- Renewal notices will be sent out to subscribers this week. If you do want to continue receiving DRR in 2017, please make payment before 9 January.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Illovo Sugar 15 km Christmas Challenge, Durban
- * Mapungubwe Half Marathon & 10 km, Polokwane
- * Correctional Services 10 km, Pollsmoor
- * BMG Stainbank Cup 15 km, Durban
- * Aspen Port Elizabeth City 10 km, Port Elizabeth
- * Hope Challenge Half Marathon & 10 km, Durban
- * Sani Stagger Marathon & Half Marathon, Sani Pass

International highlights:

- * Honolulu Marathon, Honolulu, USA
 - * Kalakaua Merrie Mile, Honolulu, USA
 - * Guangzhou International Marathon, Guangzhou, CHN
 - * XC: SPAR European Cross-country Championships, Chia, ITA
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ROAD RUNNING

Illovo Sugar 15 km Christmas Challenge (23rd)

Durban, 11 December

(Loop course)

MEN

- | | | | |
|----|------------------|-------------|-------|
| 1. | Sipho Mbanjwa | Phantane AC | 47:49 |
| 2. | Mziwenkosi Mtata | Nedbank AC | 48:42 |
| 3. | Anele Dlamini | Phantane AC | 49:01 |

40-49:

- | | | | |
|----|--------------------|--------------------|-------|
| 1. | Bernard Phalatsane | ZIM/Bluff Meats F1 | 54:50 |
|----|--------------------|--------------------|-------|

2.	Ephraim Xaba	Ind	55:53
3.	Michael Ndlovu	Ethekweni AC	56:19

50-59:

1.	Gareth Robson	Sydenham AC	59:26
2.	Willie Majombozi	Boxer AC	60:09
3.	Thierry Pletnicky	Toti AC	61:39

60-69:

1.	Msebethu Wenkos	Phantane AC	65:45
2.	Bernald Mosala	DAC	87:46
3.	Jackie Jackpersadh	Save Orion AC	97:00

70+:

1.	Andrew Spence	SCS	77:22
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Juniors:

1.	Africa Nene	Ind	58:04
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WOMEN

1.	Fikile Mbuthuma	Nedbank AC	64:00
2.	Xoli Madiba	Natal Carb	68:05
3.	Iris Ndlovu	NRB Harriers	68:22

40-49:

1.	Tholakele Ngcobo	Eskom	76:51
2.	Sandy de Beer	SANDF	77:40
3.	Dawn Mackay	QBH	82:41

50-59:

1.	Roshini Natasen	Highwaay AC	76:58
2.	Sharon Williams	Sydenham AC	82:39
3.	Jane Baker	DAC	85:12

60-69:

1.	Blanche Moila	Savages AC	77:49
2.	Pam Rasmusen	YWP AC	88:32
3.	Pat Fisher	Stella AC	93:00

70+:

1	Maureen Parry	Chiltern AC	101:00
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Juniors:

1.	Thombeka Zondi	Ind	95:30
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Mapungubwe Half Marathon & 10 km

Polokwane, 10 December

(Distances: 21.1 km & 10 km. Weather: Partly cloudy and hot. Finishers: half marathon – 170; 10 km – 159; also approx. 300 in the 5 km.)

Note: The 10 km was about 400 m short. – Ed.

Half marathon**MEN**

1. Desmond Mokgobu (Boxer) 1:06:41; 2. Tebogo Pulusa (Dwars) 1:06:44; 3. Vuyisile Tshoba (Adidas) 1:07:31; 4. Ikageng Gaorekwe (UJ) 1:09:01 (1st jun); 5. Lutendo Mapoto (Pieters) 1:09:16.

Veterans: 1. Herbert Mokgala (CR) 1:13:36; 2. Lucky Bhembe (DCSMC) 1:14:18; 3. Norman Mohlahlana (Xhosa) 1:24:23. **Masters:** 1. Lazarus Seroka (RWFL) 1:18:50; 2. Thomas Ngovheni (GE) 1:19:39; 3. Petrus Japane (Pieters) 1:31:13. **G'masters:** 1. Bobby Sacco (Polok) 1:48:47. **Juniors:** 1. Ikageng Gaorekwe (UJ) 1:09:01; 2. Jacob Khomola (KPMG) 1:17:58; 3. Kgopotso Ramaoka (Molet) 1:19:00.

WOMEN

1. Samukeliso Moyo (ZIM/ME) 1:28:45 (1st vet); 2. Nandipha Dywili (Ned) 1:29:34; 3. Thobile Vilakazi (KPMG) 1:32:56 (1st jun); 4. Jane Mudau (Pieters) 1:34:45 (1st mast); 5. Catherine Malungane (Ned) 1:35:02.

Veterans: 1. Samukeliso Moyo (ZIM/ME) 1:28:45; 2. Priscilla Dlamini (DCMS) 1:42:34.

Masters: 1. Jane Mudau (Pieters) 1:34:45; 2. Elizabeth Mamabolo (Eskom) 2:41:05.

G'masters: 1. Selinah Netshisaulu (RAC) 2:08:31; 2. Adel Ramaesela (ULS) 2:26:58.

Juniors: 1. Thobile Vilakazi (KPMG) 1:32:56; 2. Thabiso Mabasa (Tzaneen) 1:37:19; 3. Popi Netshifhefhe (Pieters) 1:52:23.

10 km

MEN

1. Tlou Peu (Bedford) 28:35; 2. Reghen Magwai (Tembisa) 28:48; 3. Lesiba Peu (Bedford) 29:17.

Veterans: 1. Bethuel Netshifhefhe (Pieters) 31:42; 2. Matime Mashabela (Pieters) 38:03;

3. Frans Ramaila (ULS) 38:39. **Masters:** 1. Peu Sekote (SAPS) 39:37; 2. David Nkuna

(Eskom) 43:14. **G'masters:** 1. Johannes Phago (Molet) 40:23; 2. Jannie Sacco (Polok)

43:04; 3. Wilson Netshisaulu (RAC) 45:47. **Juniors:** 1. Ryan Mphalele (Tembisa) 30:21; 2.

Phenyo Chidi (Tembisa) 30:37; 3. Solomon Moja (ULS) 31:12.

WOMEN

1. Yandiswa Shange (KPMG) 36:54 (1st jun); 2. Andronica Mogotla (Ned) 37:33; 3. Gift Ramabele (Eskom) 39:34.

Veterans: 1. Tsholofelo Tsiane (Polok) 41:24. **Masters:** 1. Sarah Mahlangu (Ricoh) 43:25;

2. Muthupei Managa (Vhembe) 49:53; 3. Yolanda du Plessis (RWFL) 68:45. **Juniors:** 1.

Yandiswa Shange (KPMG) 36:54; 2. Ramabu Choene (Molet) 41:40; 3. Elizabeth Hutamo

(Ind) 44:18.

Correctional Services 10 km

Pollsmoor, Cape Town, 7 December

(Finishers: 966 [up from 937 last year].)

MEN

1. Akhona Makila (VOB) 30:34 (R500)

2. Vuyolwethu Mbukushe (Gugs) 30:45 (R300)

3. Mthandazo Qhina (Ned) 30:55 (R200)

(All age category prize money except vets and juniors was the same: R150, R100, 50.)

Veterans: 1. Lee Weaver (SANDF) 37:40 (R250); 2. Nick Rembeyi (WR) 38:29 (R200); 3.

Piloso Mogale (SANDF) 38:38 (R150). **Masters:** 1. Zolani Ntsodo (SANDF) 38:46; 2. Robert

Arnold (Top) 39:06; 3. Wilson Baartman (SH) 40:38. **G'masters:** 1. Les Chivell (FH)

40:15; 2. Goodman Mpukane (Gugs) 43:14; 3. John Watermeyer (FH) 45:39.

G/g'masters: 1. Majiet Warley (SH) ?; 2. Bart Jonck (WC) 61:36; 3. Bub Evans (AAC)

62:35. **Juniors:** 1. Rowhaldo Ratz (UWC) 31:33 (R150); 2. Asemahle Kwatsha (Gugs)

35:50 (R100); 3. Inga Ngweidune (Sat) 39:32 (R50).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 38:56

2. Candyce Hall (Carb) 39:38

3. Obertina Kanyongo (ZIM/FNB) 41:43 (1st vet)

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 41:43; 2. Busisiwe Matiwane (Ned) 43:12; 3.

Sharon Sunderland (WC) 43:53. **Masters:** 1. Mariëtte Strauss (Tyger) 42:18; 2. Renée

Scott (VOB) 45:30; 3. Dawn Springer (Sat) 49:40. **G'masters:** 1. Dawn Middelkoop (Ind) 50:35; 2. Judith Grove (Tyger) 51:31; 3. Joy Riviera (SH) 59:52. **G/g'masters:** 1. Carol Gahwiler (VOB) 69:54; 2. Jean Cammidge (FH) 70:42; 3. Annatjie Berntzen (Good) 74:40. **Juniors:** 1. Zarah Abdullah (ARD) 62:10; 2. Robyn Riviera (SH) 70:36.

BMG Stainbank Cup 15 km (43rd)

Durban, 4 December
(Loop course)

MEN

1 Anele Dlamini (Phantane) 50:44; 2 Nkosinathi Michael Duma (Nedbank) 51:26; 3 Sekhonyama Mahlomola Ishmael (HV) 51:41; 4 Lindokuhle Sithole (Phantane) 53:13; 5 Thabiso Ngallonkulu (Chatsworth) 53:14.

40-49: 1 Bernard Phalatsane (ZIM/Bluff Meats) 55:43; 2 Nkosinathi Ngongo (Stella) 56:00; 3 Nhlanhla Clement Khanyile (SANDF) 57:25. **50-59:** 1 Thierry Pletinckx (Amanzimtoti) 1:01:21; 2 Bhekizizwe Bhengu (Boxer) 1:01:50; 3 Sipho Mbokazi (Mtubatuba) 1:06:05. **60-69:** 1 Aubrey Roberts (Westville) 1:06:57; 2 Msebenziwenkosi Mhlongo (Phantane) 1:09:58. **70+:** Andrew Spence South Coast Striders 1:18:46. **Juniors:** 1 Aphelele Phungule (Bluff) 57:01; 2 Sibusiso Cele (Ind) 1:09:42; 3 Bayanda Zulu (Highway) 1:23:27.

WOMEN

1 Maya Lawrie (Boxer) 1:07:08 (1st vet); 2 Happiness Mkhize (Ind) 1:08:48; 3 Nonsikelelo Mbambo (Orion) 1:10:12; 4 Jadi Clark (Stella) 1:12:27; 5 Michelle Sims (PDAC) 1:14:22 (1st mast).

40-49: 1 Maya Lawrie (Boxer) 1:07:08; 2 Lise Muchna (PDAC) 1:16:27; 3 Sandy de Beer (SANDF) 1:19:37. **50-59:** 1 Michelle Sims (PDAC) 1:14:22; 2 Gail Babich (Savages) 1:19:12; 3 Roshini Natasen (Highway) 1:20:07. **60+:** 1 Pamela Rasmussen (Yellowwood Park) 1:29:47; 2 Sheree Kirsten (Westville) 1:31:26.

Aspen Port Elizabeth City 10 km

Port Elizabeth, 3 December
(Loop course. Finishers: 555 [up from 407 last year].)

Note: The results of the accompanying marathon were included last week. – Ed

MEN

1	Mariano	Eesou	Madibaz AC	24	30:15
2	Zolani	Ngqaqa	Tinarha AC	27	31:38
3	Rodney	Prins	Nedbank RC	28	32:23
4	Brendon	Effenaar	Nedbank RC	20	32:34
5	Tandisile	Xoshomba	Temp	20	32:41
6	Francois	Maquassa	ASWD	21	32:54
7	Anderson	Ngcube	Nedbank RC SWD	20	34:25
8	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	35:20
9	Tumelo	Mochelenyane	Nedbank RC	34	36:16
10	Jarryd	Cooke	Charlo AC	22	36:22
11	Siphosethu	Blom (1 st jun)	Madibaz AC	14	36:28
12	Thulasizwe	Mahala	Temp	19	36:36
13	Zibele	Gladile	Madibaz AC	29	37:24
14	Kenneth	Menze (1 st mast)	Bluewater Bay	55	37:29
15	Ruan	Smalberger	St Albans AC	26	38:25
16	Bennie	Stadler	Achilles AAA	53	38:27

17	Sonwabo	Oliphant	Temp	21	38:57
18	Mutekile	Rasmeni	Nedbank ATRA	51	39:11
19	Donovan	Matthews	Nedbank RC	32	39:30
20	Lutho	Njikela	Temp	20	39:42
40-44:					
1	Mzwanele	Maphekula	Bluewater Bay	40	35:20
2	Malibongwe	Mbelu	RWFL EP	44	41:16
3	Chris	Gerber	Temp	42	42:05
45-49:					
1	Duane	Lerm	Despatch AC	45	43:58
2	Gary	Jackson	Temp	46	44:22
3	John	Rafani	Nedbank RC	49	45:19
50-54:					
1	Bennie	Stadler	Achilles AAA	53	38:27
2	Mutekile	Rasmeni	Nedbank Atra	51	39:11
3	Frank	Piron	Charlo AC	53	42:34
55-59:					
1	Kenneth	Menze	Bluewater Bay	55	37:29
2	Andre	Dalton	Nedbank RC	55	40:38
3	Sithembile	Mpako	Nedbank RC	56	46:52
60-64:					
1	Sticks	Stiglingh	Kowie Striders	62	45:03
2	Bruce	McEwan	Achilles AAA	63	45:43
3	Pieter	Roux	Temp	61	51:43
65-69:					
1	Errol	Black	Achilles AAA	66	45:30
2	Hansie	Els	Somerset East	68	45:57
3	Graham	Channon	Achilles AAA	67	46:36
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC	74	48:17
2	Johannes	Herbst	Muirite Strider	70	50:31
3	Sydney	Blandford	Temp	71	54:53
75+:					
1	Willem	Schoeman	Muirite Strider	75	1:17:19
2	Wells	Anderson	PEAAC	84	1:56:00
Juniors:					
1	Siphosethu	Blom	Madibaz AC	14	36:28
2	Chad	Van Rensburg	Nedbank RC	16	41:43
3	Ayabonga	Saul	Temp	14	47:43
WOMEN					
1	Cherise	Sims	Madibaz AC	23	37:33
2	Ndileka	Mvakwendlu	Tinarha AC	26	38:06
3	Puseletso	Dladla	Savages	25	38:52
4	Larra	Orrock (1 st jun)	Excellente	17	39:02
5	Siphokazi	Liwani	Motherwell AC	19	42:03
6	Ansell	Smit	Temp	23	44:35
7	Candice	Pitsiladi	Temp	38	45:19
8	Nolwandle	Mnyatsha	Maxed Elite KZN	32	46:00
9	Joan	Viljoen	Nedbank RC	22	47:03
10	Lize-Ann	Steyn	Temp	23	47:07
11	Hanlie	V.d. Westhuizen (1 st g'mast)	Despatch AC	60	47:09
12	Lea	Steyn	Temp	24	47:17
13	Janette	Schierz-Crusius (1 st mast)	Body Concept	56	47:46
14	Faith	Buyana	BRAC	24	47:53
15	Zimkitha	Hoza	BRAC	22	47:57

16	Siphokazi	Nojoko	Motherwell AC	22	47:59
17	Tania	Jordaan	Charlo AC	40	48:02
18	Vicky	Oelofse	St Albans AC	16	48:54
19	Elize	Adams	Gelvan AC	42	49:01
20	Etreshia	Coetzee	Temp	41	50:42
40-44:					
1	Tania	Jordaan	Charlo AC	40	48:02
2	Elize	Adams	Gelvan AC	42	49:01
3	Etreshia	Coetzee	Temp	41	50:42
45-49:					
1	Suzette	Venter	Temp	46	56:03
2	Rushda	Jappie	Malabar	46	56:08
3	Sylma	Watkins	St Albans AC	48	57:23
50-54:					
1	Gail	Klichowicz	Achilles AAA	50	54:58
2	Phunyezwa	Ndevu	SABC Running Cl	50	58:16
3	Belinda	Bain	Charlo AC	54	59:45
55-59:					
1	Janette	Schierz-Crusius	Body Concept	56	47:46
2	Judy	Faint	Irene MC	57	56:12
3	Veronica	Boshoff	Despatch AC	55	59:53
60-64:					
1	Hanlie	Van der Westhuizen	Despatch AC	60	47:09
2	Nicki	Van Niekerk	Muirite Strider	62	1:02:26
3	Pauline	Weed	Temp	62	1:21:58
65-69:					
1	Avril	Beyleveld	Kowie Striders	65	1:00:09
2	Pat	Scheepers	PEAAC	68	1:06:13
3	Jeanette	Pienaar	PEAAC	68	1:06:23
70-74:					
1	Ronelle	Steyn	Nedbank RC	72	1:04:16
2	Marlene	Wiese	Kowie Striders	70	1:04:38
3	Val	Sandow	Profiles AC	71	1:26:36
75+:					
1	Dorothy	Hart	Madibaz AC	78	1:17:43
Juniors:					
1	Larra	Orrock	Excellente	17	39:02
2	Siphokazi	Liwani	Motherwell AC	19	42:03
3	Vicky	Oelofse	St Albans AC	16	48:54

Hope Challenge Half Marathon & 10 km (1st)

Durban, 27 November

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1. Bonginkosi Zwane (Phantane) 1:10:30, 2. Sphesihle Nene (Zakhele) 1:17:31, 3. Siphелеle Zondi (Amaqhawе) 1:19:10.

40-49: 1. Robert Gumede (Elokishini) 1:36:36. **50-59:** 1. Bheki Zondi (Boxer) 1:29:01.

60+: 1. Bobby Smith (PDAC) 2:11:36.

WOMEN

1. Zinhle Shabalala (Klipriver) 1:39:18, 2. Nomzamo Mncwango (Elokishini) 1:52:39, 3. Thembisile Mwelase (KwaDabaka) 1:53:05.

40-49: 1. Thembisile Mwelase (KwaDabeka) 1:53:05. **50-59:** 1. Cathy Dale (Savages) 2:39:29. **60+:** 1. Denise Johansen (Maxed Elite) 2:28:21.

10 km

MEN

1. Sipho Mbanjwa (Phantane) 31:39, 2. Muziwenkosi Mjaja (KPMG) 32:15, 3. Vumani Mlaba (Durban Runner) 32:29.

40-49: 1. Andries Nothununu (KPMG) 40:58, 2. Thembelihle Khamamngo (IND) 41:29, 3. Lethu Mkhwanazi (Team Vitality) 45:55. **50-59:** 1. Patrice Lukhele (Mandeni) 49:01, 2. Ravendhra Juglal (Chatsworth) 51:37, 3. Ginger Naidoo (Chatsworth) 56:14. **60+:** 1. Norrie Williamson (Savages) 59:14, 2. Bobby Chetty (Chatsworth) 1:07:52, 3. Ted Liddiatt (Riverside Harriers) 1:08:16. **Juniors:** 1. Mvelo Nkomo 35:55, 2. Bruce Maake 37:46, 3. Thabiso Ngcobo 40:56.

WOMEN

1. Kholeka Biyela 45:44, 2. Sibongile Mpanza 54:32, 3. Bongekile Mbatha 54:46.

Sani Stagger Marathon & Half Marathon

Sani Pass, 26 November

(Distances: 42.195 km [up and down pass] & 21.1 km [down pass].)

Note: Unfortunately no clubs were provided with the results. – Ed

Marathon

MEN

1. Skhumbuzo Dlamini 3:15:02, 2. Prodigal Khumalo (ZIM) 3:15:58, 3. Thompson Magagane 3:23:11, 4. Best Ngwenya 3:28:18, 5. Muzi Madikwa 3:28:45, 6. Vela Sosibo 3:36:26, 7. Lovemore Chabata 3:37:15, 8. Michael Ndlovu 3:38:31, 9. Zamokwakhe Mbanjwa 3:39:17, 10. Andrea Biffi 3:45:14.

WOMEN

1. Danka Erasmus 3:56:52, 2. Rosie Carey 4:29:27, 3. Natasha Malan 4:33:31, 4. Apiwe Gaga 4:34:30, 5. Claire Julia Hackland 4:39:40, 6. Lauren Shenk 5:05:11, 7. Wendy Arnott 5:10:13, 8. Sophia Ndlovu 5:10:13, 9. Marili Munnik 5:12:25, 10. Jeanette Jordan 5:20:01.

Half marathon

MEN

1. Derek Wasserfall 1:22:04, 2. Jeffrey Sosibo 1:28:44, 3. Wisdom Sanqala 1:35:48, 4. Martin Ngwenya 1:40:42, 5. Bihry Laurent 1:45:30.

WOMEN

1. Alison Wasserfall 1:51:38, 2. Aurelia Diore 1:59:31, 3. Marie Agnes Pierrel 2:04:30, 4. Shanna Lake 2:04:35, 5. Christine Greybe 2:05:41.

INTERNATIONAL

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

ROAD RUNNING

Honolulu Marathon (44th)

Honolulu, USA, 11 December

(Distance: 42.195 km; certified out-and-back course with no net elevation change)

MEN (gun times)

- | | | |
|------------------------------|---------|----------------------------------|
| 1. Lawrence Cherono, 28, KEN | 2:09:39 | CR* \$40,000 + 15,000* + 26,000i |
| 2. Wilson Chebet, 31, KEN | 2:10:50 | 16,000 + 16,000i |
| 3. Deribe Robe, 26, ETH | 2:13:43 | 10,000 + 2,000i |
| 4. Feyisa Lelisa, 26, ETH | 2:15:57 | 6,000 |
| 5. Tatsuya Itagaki, 28, JPN | 2:19:24 | 3,000 |

*) Course record/\$15,000 bonus

WOMEN (gun times)

- | | | |
|---------------------------------------|---------|----------|
| 1. Brigid Kosgei, 22, KEN | 2:31:11 | \$40,000 |
| 2. Lindsey Scherf, 30, Hartsdale, NY | 2:34:05 | 16,000 |
| 3. Buzunesh Deba, 29, Bronx, NY (ETH) | 2:35:34 | 10,000 |

Kalakaua Merrie Mile (1st)

Honolulu, USA, 10 December

(Distance: 1 mile; out-and-back course along Kalakaua Avenue, negligible start/finish separation)

ELITE HANDICAP MILE:

[Mixed gender, women had 27 second head start. Women's full times in brackets]

- | | | |
|--|--------|---------------|
| 1. Edwin Kiptoo, KEN | 3:57.4 | \$3500 |
| 2. Nicole Sifuentes, Plymouth, MI (CAN) | 4:02.1 | [4:29.1] 1500 |
| 3. Shannon Osika, Ann Arbor, MI | 4:02.5 | [4:29.5] 1000 |
| 4. Nate Brannen, Avon Lake, OH (CAN) | 4:08.1 | |
| 5. Dominique Scott-Efurd, Fayetteville, AR (RSA) | 4:08.4 | [4:35.4] |

Guangzhou International Marathon (5th)

Guangzhou, CHN, 11 December

(Distance: 42.195 km; loop course starting and finishing at Huang Long Sports Center)

MEN (gun times)

- | | | |
|------------------------------------|---------|----------|
| 1. Salah Eddine Bounasr, 1990, MAR | 2:11:09 | \$20,000 |
| 2. Ezekial Kemboi Omullo, KEN | 2:11:11 | 15,000 |
| 3. Ameta Belachew Alemayehu, ETH | 2:11:15 | 10,000 |

WOMEN

- | | | |
|--------------------------------|---------|----------|
| 1. Aynalem Kasahun Teferi, ETH | 2:31:52 | \$20,000 |
| 2. Mulu Seboka, ETH | 2:32:26 | 15,000 |
| 3. Souad Kanbouchia, MAR | 2:36:23 | 10,000 |

CROSS-COUNTRY**SPAR European Cross-country Championships (23rd)**

Chia, ITA, 11 December

MEN

Senior (9940 m):

Teams: 1. Great Britain & NI 28; 2. Spain 32; 3. Turkey 38 ...

1. Aras KAYA, TUR 4 APR 1994 27:39 Gold
2. Polat Kemboi ARIKAN, TUR 12 DEC 1990 27:42 Silver
3. Callum HAWKINS, GBR 22 JUN 1992 27:49 Bronze
4. Andrew BUTCHART, GBR 14 OCT 1991 28:01
5. Andy VERNON, GBR 7 JAN 1986 28:11

U-23 (7970 m):

Teams:

1. Italy 35; 2. Belgium 53; 3. Great Britain & NI 58 ...

1. Isaac KIMELI, BEL 9 MAR 1994 22:48 Gold
2. Carlos MAYO, ESP 18 SEP 1995 22:53 Silver
3. Yemaneberhan CRIPPA, ITA 15 OCT 1996 22:54 Bronze

U-20 (6000 m):

Teams: 1. France 26; 2. Spain 42; 3. Great Britain & NI 43 ...

1. Jakob INGEBRIGTSEN, NOR 19 SEP 2000 17:06 Gold
2. Yohanes CHIAPPINELLI, ITA 18 AUG 1997 17:14 Silver
3. Mahamed MAHAMED, GBR 18 SEP 1997 17:16 Bronze

WOMEN

Senior (7970 m):

Teams: 1. Turkey 35; 2. Great Britain & NI 51; 3. Romania 79 ...

1. Yasemin CAN, TUR 11 DEC 1996 24:46 Gold
2. Meryem AKDA, TUR 5 AUG 1992 24:56 Silver
3. Karoline Bjerkeli GRØVDAL, NOR 14 JUN 1990 25:26 Bronze
4. Ancuta BOBOCEL, ROU 3 OCT 1987 25:27
5. Fionnuala McCORMACK, IRL 24 SEP 1984 25:28
6. Steph TWELL, GBR 17 AUG 1989 25:40

U-23 (6000 m):

Teams: 1. Great Britain & NI 26; 2. Germany 33; 3. Italy 67 ...

1. Sofia ENNAOUI, POL 30 AUG 1995 19:21 Gold
2. Anna GEHRING, GER 15 NOV 1996 19:24 Silver
3. Alice WRIGHT, GBR 3 NOV 1994 19:42 Bronze

U-20 (4060 m):

Teams: 1. Great Britain & NI 33; 2. Germany 57; 3. Netherlands 71 ...

1. Konstanze KLOSTERHALFEN, GER 18 FEB 1997 12:26 Gold
 2. Anna Emilie MØLLER, DEN 28 JUL 1997 12:43 Silver
 3. Harriet KNOWLES-JONES, GBR 3 APR 1998 12:52 Bronze
-

STATS TIME

This week we include a list of the top ten SA women in the marathon for 2016. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2016 MARATHON: TOP 10 WOMEN

2:32:20	Irvette van Zyl	15	London	24 Apr
2:33:48	Lebo Phalula	6	Enschede	17 Apr
2:37:12	Jenna Challenor	32	Nagoya	13 Mar
2:38:00	Lebogang Phalula	3	Cape Town	18 Sep
2:39:44	René Kalmer	19	London	24 Apr
2:41:46	Lebo Phalula-2	63	Rio de Janeiro	14 Aug
2:45:26	Tanith Maxwell	11	Cape Town	18 Sep
2:46:32	Van Zyl-2	3	Soweto	06 Nov
2:47:21	Patience Khumalo	1	East London	20 Feb
2:48:24	Christine Kalmer	96	Rio de Janeiro	14 Aug
2:48:52	Charné Bosman	1	Benoni	31 Jan
2:51:31	Gerda Steyn	13	Dublin	30 Oct

THIS MONTH IN HISTORY

20 years ago: 1 December 1996

A few days short of four months since he had finished second to South African Josiah Thugwane in the closest ever one-two placing in the Olympic Marathon, Korea's Lee Bong-ju had an even closer finish in the 50th edition of the Fukuoka Marathon – but this time he won. Lee crossed the line in 2:10:48, just two seconds ahead of Alberto Juzdado Lopez (ESP). In the Olympic race in Atlanta he had run 2:12:39 to Thugwane's 2:12:36. In Fukuoka Luiz-Antonio dos Santos (BRA) was third, and they were followed by, among others, Domingos Castro (POR) and the world record holder at the time, Belayneh Dinsamo (ETH), who was only eleventh.

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
	27:15a	James Mwangi Wangari (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	45:39	Jeromy Andreas	Eersterivier	18 Jun
	41:32	James Mwangi Wangari (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	61:26	Stephen Mokoka	Port Elizabeth	30 Jul
	59:07	James Mwangi Wangari (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	83:28	Tumelo Mahlangu	Pretoria	07 May

	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	75:32	Christopher Landry (USA)		
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:10:18	Stephen Mokoka	Shanghai	30 Oct
	2:03:03	Kenenisa Bekele (ETH)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
	6:24:05	Bongmusa Mthembu	Los Alcàzares	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 Lebese	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		
30 km	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:01:52	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	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				

Juniors

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		

WOMENOpen

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

Veterans (40+)

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

Masters (50+)

10 km	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	17 Apr
15 km	62:15 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Eersterivier	18 Jun
21.1 km	89:22 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	30 Jul
25 km	2:00:27 2:13:42a	Ansa Strydom Roshnee Natasen	Pretoria Pinetown	07 May 31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	East London	20 Feb
100 km				

Grandmasters (60+)

10 km	42:12 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	20 Aug
15 km	64:56 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	92:42 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	11 Jun
25 km	2:37:27 2:22:39a 1:58:24	Pamela Rasmussen Jenny Scott Gloria Brown (USA) 1994	Durban Pinetown	06 Mar 31 Jan
30 km	2:20:20 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	05 Mar
Marathon	3:30:14 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				

Great grandmasters (70+)

10 km	54:14 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Grassy Park	04 Sep
15 km	82:28 72:52	Pixie Sparg Jo Klein (NED) 2004	Eersterivier	18 Jun
21.1 km	1:47:58 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	16 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		

30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:08:12 3:35:29	Veronica van Niekerk Helga Miketta (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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