

Distance Running Results

Vol. 17, No. 1 – 9 January 2017

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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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Publisher: Riël Hauman

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EDITORIAL

Unfortunately, for the first time in the seventeen years that *Distance Running Results* has been published, no results were available for the Bay to Bay 30 km (held for the 41st time yesterday). In the accompanying hilly 15 km – her first race ever over this distance – former Capetonian and student at the University of Arkansas Dominique Scott ran a brilliant 53:59 to break the course record (of no less a luminary than Zintle Xiniwe) by 8 seconds short of 5 minutes and win by more than 8 minutes. This time is the 20th fastest run in South Africa since 1995 – a performance made even more special when the nature of the course is considered. Scott, who clocked a personal best of 31:51.47 in the Olympic 10000 m last year and is married to an American, is on holiday in South Africa. Her mother, Renée Scott, was the second master.

In the men's race Mariano Eesou also ran a course record of 46:27.

In the 39th Ronnie Davel Memorial 16 km and the Woodlands Dairy 15 km the two men's winners, Buti Mokoena and Melikhaya Frans respectively, successfully defended the titles they won last year.

In mid-December races (results included below) both Siboniso Soldaka and Zintle Xiniwe won the Run for Unity 10 km and Growthpoint Properties Sundowner 10 km only two days apart. In fact, the first three women in both races were the same. In earlier December action juniors Samuel van der Merwe (47:03) and Ashleigh Simonis (56:55) scored impressive victories in the 36th Avbob 15 km in Table View.

This first issue of the 17th year of *Distance Running Results* is, as usual, quite a big one and brings you up to date with the results of races since the last issue of 2016.

Riël Hauman

INCLUDED IN THIS ISSUE:

* NutriBullet Bay to Bay 15 km, Camps Bay

- * Ronnie Davel Memorial 16 km, Durban
- * Woodlands Dairy 15 km, Jeffreys Bay
- * aQuellé Runners' Memorial 8 km, Cape Town
- * Tokai Manor House Run, Tokai
- * Big Hill Half Marathon & 10 km, Ballito
- * Velocity AC Half Marathon & 10 km, Atlantis
- * Cashkows Onrus 10 km, Onrus
- * Run for Unity 10 km, Guguletu
- * Growthpoint Properties Sundowner 10 km, Cape Town
- * Avbob 15 km, Table View
- * Taalmonument Aandwedloop, Paarl

International highlights:

- * Saucony Halve-Marathon von Egmond, Egmond Aan Zee, NED
- * 10 km Divina Pastora, Valencia Ibercaja, ESP
- * C&D Xiamen International Marathon, Xiamen, CHN
- * São Silvestre Road Race, São Paulo, BRA
- * Bitburger-Silvesterlauf in Trier, Trier, GER
- * Sanyo Women's Road Race, Okayama, JPN
- * Corrida Pedestre Internationale de Houilles 10 km, Houilles, FRA
- * Taipei Marathon, Taipei, TPE
- * Tata Steel Kolkata 25 km, Kolkata, IND
- * XC: Great Edinburgh Cross Country, Edinburgh, GBR; Campaccio Classica del Cross, San Giorgio su Legnano, ITA; Cross International Venta de Baños, Venta de Baños, ESP; IRIS CrossCup Brussels, Bruxelles, BEL

ROAD RUNNING

NutriBullet Bay to Bay 15 km (4th)

Camps Bay, 8 January

(Certified point-to-point course, starting and finishing as sea level, but very hilly. Finishers: 2230 [down four from last year].)

Note: Thanks to Kevin Harlock for these results. Hopefully the 30 km results will be available for next week's DRR. – Ed.

MEN

1. Mariano Eesou (Madibaz) 46:27 CR (R2000)
2. Jeromy Andreas (UJ) 47:59 (R1500)
3. Mthandazo Qhina (Ned) 48:03 (R1000)

Veterans: 1. Thembelani Zola (Ned) 53:58 (R1350); 2. Kanisiu Mathias (Hout) 56:18 (R1000); 3. Graham Katzen (Celtic) 58:05 (R900). **Masters:** 1. Julian Paul (SANDF) 66:11 (R900); 2. Shafiek Cassiem (Itheko) 66:18 (R600); 3. Von Olckers (ATC) 66:25 (R300).

G'masters: 1. Mochamat Kriel (Ommie) 61:16 (R700); 2. Neville Freislich (FH) 75:16 (R350); 3. Sam Kotze (Ned) 76:12 (R200). **G/g'masters:** 1. Jeff Smith (Itheko) 74:57 (R400); 2. Maajid Warley (SH) 91:38 (R300); 3. Oloff Crous (Brack) 92:22 (R200).

WOMEN (Same prize money as men)

1. Dominique Scott (Adidas) 53:59 CR
2. Nomvuyisi Seti (Itheko) 62:10
3. Vuyiseka Nkumenge (Ned) 63:41

Veterans: 1. Sandra Kohnert (Edge) 65:39; 2. Julie Huckle (Hout) 68:34; 3. Lesyl Potgieter (ATC) 71:17. **Masters:** 1. Mariëtte Strauss (Tyger) 68:50; 2. Renée Scott (VOB) 75:20; 3. Dawn Saunders (Held) 81:13. **G'masters:** 1. Charmaine Cupido (Ned) 79:01; 2.

Judith Grove (Tyger) 82:18; 3. Christine Hibberd (Whalers) 83:35. **G/g'masters:** 1. Wendy Wilkins (AAC) 93:15; 2. Marlene James (Pine) 99:41; 3. Ruth Francis (IT) 1:59:26.

Ronnie Davel Memorial 16 km (39th)

Durban, 8 January
(Undulating loop course)

Note: A repeat victory here for Buti Mokoena. – Ed.

MEN

1.	Buti Mokoena	Harrismith	56:41
2.	Kwenza Ngubane	Maxed Elite	60:29
3.	Lindaleni Ximba	Maxed Elite	60:40

40-49:

1.	Jonathan Edwards	West AC	61:25
2.	Zweli Ndwande	Amaqhawwe	65:37

50-59:

1.	Cliff Robbertze	West AC	74:03
2.	Elias Mechankos	Savages	78:41

60+:

1.	Les Burnard	Coll Harr	89:42
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Juniors:

1.	Pranav Dhanlall	Save Orion	105:14
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WOMEN

1.	Puseletso Dladla	Hollowood Bets	69:17
2.	Abby Solms	Save Orion	70:33
3.	Cary-Ann Smith	Nedbank AC	73:48

40-49:

1.	Pat Dammonn	Vitality	87:56
2.	Bronwyn Braylsy	Natal Carb	88:40

50-59:

1.	Tammy Dennill	West AC	96:33
2.	Sylvia Burton	Hillcrest Vill	98:20

60+:

1.	Jenny Taylor	Saints	95:00
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Juniors:

1.	Megan Cox	West AC	109:53
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Woodlands Dairy 15 km

Jeffreys Bay, 7 January
(Hilly loop course. Finishers: 505 [up from 475 last year].)

MEN

1	Melikhaya	Frans	Ikhamva AC	26	47:36
2	Zolani	Mabhongo	Ikhamva AC	30	48:21
3	Zolani	Ngqaqa	Tinarha AC	28	49:47
4	Gift	Chigomarawa	ZIM/Motherwell AC	29	49:57
5	Andre	Ketchem	Xcel AC	33	50:11
6	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	50:38
7	Ivan	Ambraal	Temp	27	51:01
8	Anele	Maliza	Nedbank RC	38	52:51
9	Lonwabo	Williams (1 st jun)	Tinarha AC	18	53:53

10	Terrance	Mjekula	Tinarha AC	44	54:09
11	Xolisa	Ndlumbini	Vukani MS Club	34	54:34
12	Sinethemba	Merele	Tinarha AC	16	55:28
13	Thobile	Xata	Nedbank RC	42	56:21
14	Mandisi	Zamani	VWAC	24	57:11
15	Christopher	Mabengeza (1 st mast)	Nedbank RC	50	57:28
16	Hopewell	Jabavu	Temp	33	58:37
17	Kenneth	Menze	Bluewater Bay	55	58:54
18	Noel	Adams	Gelvan AC	44	59:28
19	Mutekile	Rasmeni	Nedbank RC	52	59:35
20	Thulani	Mdlalo	Temp	31	59:40
40-44:					
1	Mzwanele	Maphekula	Bluewater Bay	40	50:38
2	Terrance	Mjekula	Tinarha AC	44	54:09
3	Thobile	Xata	Nedbank RC	42	56:21
45-49:					
1	Luvuyo	Stephen	Nedbank RC	46	1:00:23
2	Robert	Jordaan	Xcel AC	49	1:05:22
3	Sandiso	Ngxishe	Temp	46	1:06:11
50-54:					
1	Christopher	Mabengeza	Nedbank RC	50	57:28
2	Mutekile	Rasmeni	Nedbank RC	52	59:35
3	Welcome	Loliwe	Nedbank RC	52	59:51
55-59:					
1	Kenneth	Menze	Bluewater Bay	55	58:54
2	Michael	Bekapi	Ikhamba AC	55	1:04:56
3	Chester	Brooks	Xcel AC	58	1:12:50
60-64:					
1	Sticks	Stiglingh	Kowie Striders	62	1:10:03
2	At	Schoeman	Nedbank RC	60	1:17:43
3	Johannes	Augustus	Temp	63	1:19:28
65-69:					
1	Sizinzo	Kama	Achilles AAA	65	1:12:12
2	Lochi	Lochner	Charlo AC	69	1:15:49
3	Graham	Channon	Achilles AAA	67	1:17:27
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC	74	1:16:47
2	Cilliers	Swart	Nedbank RC	70	1:19:58
3	Johannes	Herbst	Muirite Strider	70	1:23:13
75-79:					
1	Godfrey	Kariem	Gelvan AC	76	1:34:31
2	Henry	Human	VWAC	77	2:02:48
Juniors:					
1	Lonwabo	Williams	Tinarha AC	18	53:53
2	Sinethemba	Merele	Tinarha AC	16	55:28
3	Xabiso	Kobe	Tinarha AC	18	1:02:53
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC	35	59:12
2	Ndileka	Mvakwendlu	Tinarha AC	26	59:40
3	Siphokazi	Nojoko	Motherwell AC	22	1:03:23
4	Davera	Magson (1 st vet)	Nedbank RC	42	1:06:40
5	Christine	Claasen (1 st mast)	Achilles AAA	52	1:07:59
6	Phumelela	Ntungwa	Charlo AC	30	1:11:06
7	Siphokazi	Liwani (1 st jun)	Motherwell AC	19	1:11:19
8	Priscilla	Dyanty	Nedbank RC	42	1:11:59

9	Lizette	Sydien	Xcel AC	30	1:12:11
10	Annalise	Scholtz	Temp	34	1:12:53
11	Louise	Ferreira	Temp	37	1:13:23
12	Talana	Vosloo	Despatch AC	35	1:13:30
13	Grizelda	Pietersen	Nedbank RC	48	1:13:41
14	Hanlie	V.d. Westhuizen (1 st g'mast)	Despatch AC	60	1:13:47
15	Lindie	Steyn	Temp	29	1:14:00
16	Danika	Scheepers	Temp	36	1:14:11
17	Janette	Schierz-Crusius	Body Concept	56	1:14:49
18	Melinda	Venter	Temp	38	1:15:52
19	Janine	Gardiner	Elite A C	35	1:18:42
20	Nesta	Le Roux	Temp	46	1:19:10

40-44:

1	Davera	Magson	Nedbank RC	42	1:06:40
2	Priscilla	Dyantyi	Nedbank RC	42	1:11:59
3	Toegeda	Vyver	Nedbank RC	44	1:19:15

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	1:13:41
2	Nesta	Le Roux	Temp	46	1:19:10
3	Suzette	Victor	Madiba BW	46	1:22:14

50-54:

1	Christine	Claasen	Achilles AAA	52	1:07:59
2	Treloar	Childs	Infinity AC	53	1:23:15
3	Karen	Mels	Body Concept	51	1:25:38

55-59:

1	Janette	Schierz-Crusius	Body Concept	56	1:14:49
2	Rosemary	Joubert	32gi EP AC	56	1:23:38
3	Charmaine	Van der Walt	Nedbank Ach	57	1:23:59

60-64:

1	Hanlie	Van der Westhuizen	Despatch AC	60	1:13:47
2	Christine	Snyman	Despatch AC	60	1:30:11
3	Nicki	Van Niekerk	Muirite Strider	62	1:39:46

65-69:

1	Jeanette	Pienaar	PEAAC	68	1:45:45
2	Glenys	Joubert	Madiba BW	65	1:47:37
3	Denise	Terblanche	Infinity AC	69	1:58:16

70-74:

1	Ronelle	Steyn	Nedbank RC	72	1:42:08
2	Helene	Daneel	Temp	72	1:50:06
3	Christine	Fourie	Elite A C	70	1:51:35

75-79:

1	Isabella	Childs	Infinity AC	75	1:59:44
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Juniors:

1	Siphokazi	Liwani	Motherwell AC	19	1:11:19
2	Magdel	Piek	Graaff-Reinet	18	1:21:17
3	Nomakhosi	Ntliziyo	Motherwell AC	18	1:22:41

aQuellé Runners' Memorial 8 km (44th)

Cape Town, 31 December

(Certified two-loop course – a small and a big loop. Weather: warm, light breeze. Finishers: 1191 [down from 1367 last year].)

Note: Before the start of the race the names of runners who passed away in the past three years are read out. This edition of the race was the first time that the name of a former winner had to be read out: Ewald Bonzet, one of the best runners ever produced in South

Africa who won the first race in 1973, and then a further five times. Despite struggling with illness, Bonzet still participated last year, running with his son, also named Ewald. American Michael Eaton's 24:17 is the fastest since Nkosinathi Madyo won in 24:13 in 2009. Lena Lotter finished sixth overall. – Ed.

MEN

1	Michael	Eaton	USA	29	24:17
2	Brandon	?	Itheko	21	24:56
3	Carlo	Flink	Itheko		25:03
4	Gilbert	Korir	KEN/Nedbank		26:52
5	Zithulele	Nozincwe	Hlazo AC	34	26:59
6	Xolile	Skepe	Khayelitsha	29	27:07
7	Daniel	Mannweiler	GER	38	27:24
8	Alexander	Betts	GBR/Oxford Uni AC	36	27:42
9	Ruschin	Fortuin	UWC	16	27:57
10	Llewellyn	Jacobs	Nantes	30	28:37

WOMEN

1	Lena	Lotter	Nedbank	28	27:02
2	Leanda	Du Bruyn	FNB Multisport	22	31:06
3	Carina	Swiegers	NWU Pukke	21	31:57
4	Smilla	Maier	GER	14	32:10
5	Marlene	Bohm	GER	13	32:11
6	Amy	Abrahams	Nedbank	22	32:21
7	Nicola	Hooper	Carbineers	30	33:20
8	Candyce	Hall	Carbineers	32	33:21
9	Chantel	De Lange	Temp	36	33:52
10	Steffi	Steinberg	GER	35	36:00

Tokai Manor House Run

Tokai, 26 December

(Distance: 16 km; loop course on gravel and forest trails; hilly. Finishers: 814 805 [slightly up from 805 last year]; also 314 in the 8 km.)

Note: Leanda du Bruyn finished ninth overall. She was on holiday from her studies at California Baptist University. – Ed.

MEN

1	Jacov	Lalou	37	Nedbank CGA	1:04:41
2	Richard	Flint	32	VOB	1:04:42
3	Oliver	Kapp	18	Temp	1:05:16
4	Xolile	Skepe	29	Khayelitsha	1:05:48
5	Alexander	Betts	36	GBR/Oxford Uni AC	1:05:52
6	Bryce	Pulley	26	Temp	1:06:13
7	Llewellyn	Jacobs	30	Nantes	1:06:26
8	A.N.	Other			1:06:39
9	Adam	Todes	24	Celtic	1:08:59
10	Patric	McKeown	15	Temp	1:10:10

WOMEN

1	Leanda	Du Bruyn	22	FNB Multisport	1:08:35
2	Ebeth	Marais		Carbineers	1:11:39
3	Mason	Cranswick	50	Nedbank	1:16:21
4	Candyce	Hall	32	Carbineerp	1:17:41
5	Chiara	Davirand	45	Temp	1:18:13
6	Katherine	Antel	33	Carbineers	1:19:52

7	Jennen	Kamps	31	Langa	1:20:45
8	Ester	Brink	47	Strand	1:20:52
9	Kelly	Mackenzie	31	VOB	1:22:14
10	Georgina	Andraos	54	VOB	1:23:50

Big Hill Half Marathon & 10 km

Ballito, 18 December
(Distances: 21.1 km & 10 km)

Half marathon

MEN

1 Bonginkosi Zwane (Phantane) 1:09:40; 2 Silindile Gubese (Phantane) 1:10:31; 3 Muziwenkosi Elvis Mjaja (Nedbank) 1:11:19.

40-49: 1 Jonathan Edwards (Westville) 1:19:19. **50-59:** 1 Garrett Robson (Sydenham SC) 1:21:51. **60-69:** 1 Chris van der Westhuizen (uMhlathuze) 2:05:20. **70+:** 1 Reginald Groves (Westville) 2:59:00.

WOMEN

1 Maya Lawrie (Boxer) 1:35:28 (1st vet); 2 Xoli Madida (Carbineers) 1:42:23; 3 Desiree Verwey (Zululand MC) 1:43:14.

40-49: 1 Maya Lawrie (Boxer) 1:35:28. **50-59:** 1 Sarah Crooks (Randburg) 1:48:33. **60-69:** 1 Pamela Rasmussen (YWP) 2:10:50. **70+:** Maureen Parry (Chiltern) 2:33:56.

10 km

MEN

1 Siphon Mbanjwa (Phantane) 33:24; 2 Ayanda Mncube (Phantane) 34:04; 3 Lindokuhle Sithole (Phantane) 34:31.

40-49: 1 Bernard Phalatsane (ZIM/Bluff Meats) 36:07. **50-59:** 1 David Vigar (Vitality) 1:17:24. **60-69:** 1 Raymond Davies (RAC) 55:22. **70+:** 1 Pardon Mathebula (SCS) 1:04:59.

WOMEN

1 Zama Mokoena (KPMG) 43:21; 2 Caylee Ellero (CKS) 47:44; 3 Marietjie Montgomery (Faku Chiefs) 50:00 (1st mast).

40-49: 1 Dawn Mackay (QH) 53:06. **50-59:** 1 Marietjie Montgomery (Faku Chiefs) 50:00. **60-69:** 1 Juanita Sutton (Riverside) 1:30:51.

Velocity AC Half Marathon & 10 km

Atlantis, 17 December
(Distances: 21.1 km – loop course with separate out-and-back section; 10 km – loop course)

Note: The results are given here as received: some age categories had only one or two names. – Ed.

Half marathon

MEN

1. Siviwe Nkombi (Itheke) 1:11:02 (R600)
2. Tsungai Mwanengeni (ZIM/Gugs) 1:13:39 (1st vet) (R450)
3. Petrus Zwane (Swart) 1:13:51 (R350)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:13:39 (R400); 2. Lee Weavers (SANDF) 1:25:04 (R300); 3. Randall Joshua (Nantes) 1:30:48 (R250). **Masters:** 1. Steven Parkins (Tyger) 1:31:26 (R300); 2. Sydney Rustin (SANDF) 1:32:45 (R250); 3. Joggie Maarman (Hope) 1:40:20 (R200). **G'masters:** 1. Mochamat Kriel (Ommie) 1:32:40 (R300); 2. Andy Cockcroft (Edge) 1:41:00 (R250); 3. Brian Merryweather (GBR/Edge) 1:41:44 (R150).
G/g'masters: 1. Jeff Smith (Itheko) 1:51:51 (R150).

WOMEN (Same prize money as men)

1. Obertina Kanyongo (ZIM/FNB) 1:33:00 (1st vet)
2. Jana van Houwelingen (AAC) 1:38:35
3. Nancy Will (Pine) 1:39:36 (1st g'mast)

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 1:33:00; 2. Mari Ackerman (Brack) 2:10:04; 2. Anna Olivier (Atlantis) 2:21:36. **Masters:** 1. Jenny da Silva (Met) 1:54:36; 2. Zita Brandon (WC) 1:59:07; 3. Naomi Badenhorst (VOB) 2:02:42. **G'masters:** 1. Nancy Will (Pine) 1:39:36; 2. Helen du Plessis (Brack) 1:57:14; 3. René Tepper (Eskom) 2:56:20.
G/g'masters: 1. Pixie Sparg (Celtic) 2:16:07.

10 km

MEN

1. Andrew Louw (East) 32:47 (R350)
2. Xolile Skepe (Khay) 34:01 (R200)
3. Tafadzwa Chabyuta (ZIM/CPUT) 35:46 (R100)

Veterans: 1. Marius Nel (WC) 43:58 (R250). **Masters:** 1. Gerald Sullivan (Sanlam) 41:01 (R170); 2. Gert Dols (WC) 50:21 (R100). **G'masters:** 1. Achmat Salie (ARD) 76:32 (R100). **G/g'masters:** 1. Robyn Dennis (Edge) 68:36 (R100). **Juniors:** 1. Siyabonga Mathe (East) 37:30 (R250); 2. Herman Delaguerre (Durb) 40:57 (R200).

WOMEN (Same prize money as men)

1. Anna Bungu (Gugs) 41:04
2. Chantel de Lange (Ind) 41:29
3. Mariëtte Strauss (Tyger) 43:14 (1st mast)

Veterans: 1. Sharon Sunderland (WC) 43:59; 2. Pamela Duarte (Met) 92:11. **Masters:** 1. Mariëtte Strauss (Tyger) 43:14; 2. Roldah Orrie (Itheko) 52:32; 3. Edwina Fransman (Sanlam) 74:34. **G'masters:** 1. Charmaine Cupido (Ned) 52:20. **G/g'masters:** 1. Annatjie Berntzen (Good) 74:45.

Cashkows Onrus 10 km (20th)

Onrus, 17 December

(Loop course. Weather: cool early on, warm later, light breze. Finishers: 294 [down from 347 last year].)

Note: Local Hermanus runner Jimmy Bonjesi also won the Whalers club's half marathon in October. – Ed.

MEN

1	Jimmy	Bonjesi	Whalers AC	33:47	R500
2	Shaun	Tobias	Robertson AC	34:52	R300
3	John	September	Itheko	36:27	R200
4	Henry	Wolstenholme	Durbanville AC	37:28	
5	A.N.	Other		38:28	
6	Mlandeli	Mkholakali	Whalers AC	38:47	
7	Corus	Naudé	CMC	39:25	
8	Timothy	Hess	Temp	39:57	

9	Gavin	McCarthy	Edgemean AC	40:02
10	Herman	Fourie	Temp	40:25

(All age category prize money except 70+ was the same: R200, R150, R100.)

Veterans:

1	Henry	Wolstenholme	Durbanville AC	37:28
2	Corus	Naudé	CMC	39:25
3	Gavin	McCarthy	Edgemean AC	40:02

Masters:

1	John	September	Itheko	36:27
2	Timothy	Hess	Temp	39:57
3	Frank	Gillion	Whalers AC	42:03

G'masters:

1	Kêk	Verster	Temp	48:34
2	Brian	Rothman	Brackenfell AC	51:16
3	At	van Schoor	Whalers AC	53:09

G/g'masters:

1	Roelof	van Weele	Whalers AC	54:07	R150
2	Johan	Visser	Temp	63:21	R100
3	David	Fraser	Temp	65:43	

Juniors:

1	Shaun	Tobias	Robertson AC	34:52
2	Jaco	Wolstenholme	Durbanville AC	41:10
3	Kyle	Beck	Bellville AC	43:20

WOMEN (Same prize money as men)

1	Jana	le Roux	Nedbank	40:10
2	Candyce	Hall	Carbineers	40:57
3	Tanya	Posthumus-Fox	Century City AC	41:22
4	Rianda	Gilliland	AAC	44:09
5	Annmarie	Steyn	Whalers AC	44:30
6	Lizel	Wessels	Bonnievale AC	44:44
7	Theresa	Brand	Bellville AC	45:26
8	Leigh	Behr	Temp	46:14
9	Marie	Louw	FNB	46:24
10	Paola	Vignani	VOB	46:27

Veterans:

1	Annmarie	Steyn	Whalers AC	44:30
2	Lizel	Wessels	Bonnievale AC	44:44
3	Theresa	Brand	Bellville AC	45:26

Masters:

1	Marie	Louw	FNB	46:24
2	Paola	Vignani	VOB	46:27
3	Suzanne	Nicholas	Temp	50:13

G'masters:

1	Christine	Hibberd	Whalers AC	51:35
2	Norma	Wheeler	Whalers AC	60:12
3	Glenda	Theobald	Whalers AC	61:09

G/g'masters:

1	Veronica	van Niekerk	EGA	52:08
2	Arlene	Ehrenberg	Whalers AC	85:13

Juniors:

1	Jana	le Roux	Nedbank	40:10
2	Jana	Wessels	Bonnievale AC	47:56
3	Emma	?	Temp	54:26

Run for Unity 10 km

Guguletu, 16 December

(Certified loop course. Finishers: 1646 [considerably up from 1160 last year].)

Note: A repeat victory here for Zintle Xiniwe. Vets winner Sandra Kohnert is the former Sandra van Graan. The race was formerly called the Reconciliation Day 10 km. – Ed.

MEN

1. Siboniso Soldaka (CPUT) 30:58 (R1500)
2. Mthandazo Qhina (Ned) 31:38 (R1050)
3. Xolisa Batala (VOB) 32:05 (R750)
4. Phumlani Nxusani (MSA) 32:35 (R450)

Veterans: 1. Shawn Abrahams (Celtic) 33:57 (R450); 2. Nicholas Rupanga (ZIM/Celtic) 35:06 (R300); 3. Makhosonke Fika (Langa) 35:49 (R150). **Masters:** 1. Steve Motau (Ned AGN) 35:59 (R375); 2. John September (Itheke) 36:00 (R300); 3. Zolani Ntsodo (SANDF) 37:57 (R150). **G'masters:** 1. Gemjikile Tom (Eskom) 42:09 (R225); 2. Brian Collier (AAC) 44:25 (R150); 3. Mark Wagenheim (AAC) 45:34 (R75). **Juniors:** 1. Jeandré September (Eerste) 35:48 (R750); 2. Monwakisi Mogwa (Bot) 36:14 (R600); 3. Yanga Keli (Sanlam) 36:57 (R450).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 36:22
2. Fortunate Chidzivo (ZIM/Ned) 37:14
3. Nomvuyisi Seti (Itheke) 37:59
4. Bulelwa Simae (Ned) 38:22

Veterans: 1. Sandra Kohnert (Edge) 41:20; 2. Obertina Kanyongo (ZIM/FNB) 41:21; 3. Ursula Frans (Ned) 41:41. **Masters:** 1. Mariëtte Strauss (Tyger) 42:37; 2. Olga Howard (Ned) 45:03; 3. Levona Paul (SANDF) 49:35. **G'masters:** 1. Nancy Will (Pine) 46:26; 2. Charmaine Cupido (Ned) 49:45; 3. Helen du Plessis (Brack) 51:02. **Juniors:** 1. Sophie Cope (SH) 43:28; 2. Razaan Kamaldien (Carb) 44:29; 3. Celine Moses (Ommie) 46:13.

Growthpoint Properties Sundowner 10 km

Cape Town, 14 December

(Certified loop course with 2 km out-and-back section at beginning and end. Finishers: 2252 [down from 2544 last year].)

MEN

1. Siboniso Soldaka (CPUT) 30:13 (R1500)
2. Mthandazo Qhina (Ned) 30:39 (R900)
3. Sibusiso Madikizela (MSA) 31:03 (R600)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:42 (R800); 2. Thembelani Zola (Ned) 33:48 (R600); 3. Shawn Abrahams (Celtic) 34:25 (R400). **Masters:** 1. Johnny Persents (WR) 35:07 (R600); 2. John September (Itheke) 36:08 (R400); 3. Steve Motau (Ned AGN) 41:53 (R300). **G'masters:** 1. Mochamat Kriel (Ommie) 39:52 (R400); 2. Eise Geerts (Bell) 41:39 (R200); 3. Robbie Lindsay (Ned) 41:53 (R100). **G/g'masters:** 1. Jeff Smith (Itheke) 50:52 (R300); 2. Oloff Crous (Brack) 56:41 (R150); 3. Yusuf Gamielien (Itheke) 58:44 (R75). **Juniors:** 1. Carlo Flink (Itheke) 32:14 (R400); 2. Thembeko n (Gugs) 33:48 (R250); 3. Asemahle Kwatsha (Gugs) 34:31 (R150).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 36:44
2. Fortunate Chidzivo (ZIM/Ned) 36:59

3. Nomvuyisi Seti (Itheko) 38:11

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 42:04; 2. Busisiwe Matiwane (Ned) 43:40; 3. Sharon Sunderland (WC) 43:56. **Masters:** 1. Mariëtte Strauss (Tyger) 42:18; 2. Ester Brink (Strand) 43:40; 3. Olga Howard (Ned) 44:24. **G'masters:** 1. Nancy Will (Pine) 45:09; 2. Helen du Plessis (Brack) 49:32; 3. Charmaine Cupido (Ned) 49:35. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:39; 2. Marlene James (Pine) 59:18; 3. Wendy Wilkens (AAC) 59:57. **Juniors:** 1. Ashleigh Simonis (Carb) 38:56; 2. Razaan Kamaldien (MSA) 45:24; 3. Tegan Pitt (UCT) 45:42.

Avbob 15 km (36th)

Table View, 10 December

(Certified loop course. Weather: cool, windy. Finishers: 963 [considerably up from last year's 684].)

Note: Solid victories here for juniors Samuel van der Merwe and Ashleigh Simonis, who broke her PB by more than a minute and ran a list leader (her former PB, 58:03, was the list leader before the race). – Ed.

MEN

1	Samuel	Van der Merwe	Bellville	47:03	R1000
2	Mthandazo	Qhina	Nedbank	47:39	R700
3	Phumlani	Nxusani	MSA	47:56	R350
4	Reuben	Mhashu	Hout Bay	49:35	
5	Akhona	Makila	VOB	49:51	

Veterans:

1	Tsungai	Mwanengeni	ZIM/Gugs	51:31	R500
2	Shawn	Abrahams	Celtics	51:56	R300
3	Thembelani	Zola	Nedbank	53:45	R200

Masters:

1	Zolani	Ntsodo	Defence	57:37	R400
2	Monde	Tutani	Gugs	1:01:19	R250
3	Isaac	Manuel	Edgemead	1:01:43	R150

G'masters:

1	Mochamat	Kriel	Ommiedraai	1:02:27	R300
2	Gemjikili	Tom	Eskom	1:02:32	R150
3	Eise	Geerts	Bellville	1:03:31	R100

G/g'masters:

1	Ronnie	Le Roux	Brackenfell	1:17:44	R150
2	Oloff	Crous	Brackenfell	1:29:31	R100
3	Pieter	Van Aswegan	Celtics	1:34:37	R50

Juniors:

1	Samuel	Van der Merwe	Bellville	47:03	R200
2	Asemahle	Kwatsha	Gugs	54:28	R150

WOMEN (Same prize money as men)

1	Ashleigh	Simonis	Carbineers	56:55	
2	Ebeth	Marais	Carbineers	57:57	
3	Obertina	Kanyongo	ZIM/FNB	1:02:47	
4	Maritsa	Kotze	Bellville	1:04:08	
5	Tanya	Posthumus-Fox	Century	1:04:42	

Veterans:

1	Obertina	Kanyongo	ZIM/FNB	1:02:47	
2	Marlize	Vienings	Edgemead	1:05:01	

3	Busisiwe	Matiwane	Nedbank	1:07:06
Masters:				
1	Olga	Howard	Nedbank	1:07:15
2	Marie	Louw	FNB	1:08:33
3	Lorraine	Rogers	Durbac	1:17:16
G'masters:				
1	Nancy	Will	Pinelands	1:11:36
2	Charmaine	Cupido	Nedbank	1:15:36
3	Helen	Du Plessis	Brackenfell	1:17:04
G/g'masters:				
1	Pixie	Sparg	Celtics	1:30:19
2	Marlene	James	Pinelands	1:34:03
3	Mabel	Oliver	Strand	1:54:00
Juniors:				
1	Ashleigh	Simonis	Carbineers	56:55
2	Eden	Tobias	Edgemead	1:14:21
3	Ingrid	Grundling	Sanlam	1:22:22

Taalmonument Aandwedloop

Paarl, 7 December

(Distance: 10 km. Finishers: 362 [up from 282 last year].)

Note: Danzil Paulse successfully defended his title. – Ed.

MEN

1	Danzil	Paulse	Easterns Kraaifontein	23	33:44
2	William	Kaptein	Boxer	24	36:11
3	Sive	Nqobo	Nedbank WP		37:19
4	Pieter	Koopman	Temp	42	38:55
5	Ricardo	Jaftha	Wild Runner		39:07

WOMEN

1	Jana	Le Roux	Nedbank WP	16	43:38
2	Michelle	Dreyer	Paarl	38	45:29
3	Annemie	Nieuwoudt	Temp	20	50:02
4	Paola	Vignani	VOB	52	51:43
5	Razaan	Kamaldien	MSA	17	52:04

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

Saucony Halve-Marathon von Egmond (44th)

Egmond Aan Zee, NED, 8 January

(Distance: 21.1 km with some sections on the beach; elite women run separately with 9 minute, 17 second head start)

MEN (gun times)

1.	Dawit Wolde, ETH	1:02:41
2.	Abdi Nageeye, NED	1:02:43
3.	Ghirmay Ghebreslassie, ERI	1:02:43
4.	Kalipus Lomwai, KEN	1:02:44

5. Tesfaye Abera, ETH 1:04:53

WOMEN (gun times)

1. Desi Jisa, BRN 1:12:08
 2. Azemera Abreha, ETH 1:12:11
 3. Ivy Kibet, KEN 1:12:14
 4. Tejitu Siyum, ETH 1:12:50
 5. Ruth van der Meijden, NED 1:13:58

10 km Divina Pastora

Valencia Ibercaja, ESP, 8 January

MEN (gun times)

1. Nicholas Mboroto Kosimbei, KEN, 27:52 PB/WL
 2. Stephen Omiso Arita, KEN, 28:00
 3. Wilson Kiprono Too, KEN, 29:06

WOMEN (gun times)

1. Marta Esteban Poveda, Carnicas Serrano, 33:49
 2. Davinia Albinyana Teruel, Serrano, 34:56
 3. Yesica Mas Castany, Ca Safor-Cafemax, 35:54

C&D Xiamen International Marathon (15th)

(IAAF Gold Label Road Race)

Xiamen, CHN, 2 January

(Distance: 42.195 km; AIMS certified out-and-back course)

Note: *Race Results Weekly* commented as follows on this race: If you need any more evidence that the IAAF labeling system is broken, take a look at these results. The top-10 women are all from one country (Ethiopia), yet the race somehow earned a Gold Label which requires at least five women from five different countries who possess Gold Label status (sub-2:28/1:11/32:00 in the preceding 36 months). How is this possible? Because organizers recruit athletes with no intention of finishing to window-dress their fields. In this case, the organizers didn't even list the names of these DNF's, nor were they mentioned in the IAAF's official report. The Gold Label, at least in terms of helping to define an elite field, is totally meaningless now. – Ed.

MEN (gun times)

1. Lemi Berhanu Hayle, ETH 2:08:27 USD 40,000
 2. Mosinet Geremew, ETH 2:10:20 10,000
 3. Shura Kitata, ETH 2:10:36 8,000
 4. Musenduki Hohamedu Ikoki, TAN 2:12:54 5,000
 5. Bantayehu Assefa Adane, ETH 2:13:25 3,000
 ... 9. Sergey Lebid, UKR 2:29:43

WOMEN (gun times)

1. Meseret Mengistu Biru, ETH 2:25:58 USD 40,000
 2. Workenesh Edesa, ETH 2:26:27 15,000
 3. Melkam Gizaw, ETH 2:26:47 8,000

São Silvestre Road Race (92nd)

São Paulo, BRA, 31 December

(Distance: 15 km; one-loop course with negligible start/finish separation)

MEN (gun times)

- | | | |
|------------------------------------|-------|--------------------------|
| 1. Leul Gebresilase Aleme, 24, ETH | 44:53 | BRL 90,000 (=USD 27,523) |
| 2. Dawit Fikadu Admasu, 21, ETH | 44:55 | 45,000 |
| 3. Stephen Kosgei Kibet, 30, KEN | 45:00 | 25,000 |

WOMEN (gun times)

- | | | |
|------------------------------------|-------|--------------------------|
| 1. Jemima Sumgong, 31, KEN | 48:35 | BRL 90,000 (=USD 27,523) |
| 2. Flomena Cheyech Daniel, 34, KEN | 49:15 | 45,000 |
| 3. Eunice Chumba, 23, KEN | 50:26 | 25,000 |

Bitburger-Silvesterlauf in Trier (27th)

Trier, GER, 31 December

(Distances: Men, 8 km; women, 5 km [both races use the same 1 km circuit])

MEN

1. Getaneh Tamire, ETH, 22:50
2. El Mahjoub Dazza, MAR, 22:53
3. Philipp Pflieger, LG Telis Finanz Regensburg, 23:11
4. Leonard Patrick Komon, KEN, 23:17

WOMEN

1. Konstanze Klosterhalfen, TSV Bayer 04 Leverkusen, 16:05 PB
2. Nina Savina, BLR, 16:12
3. Salome Nyirarukundo, RWA, 16:14

Sanyo Women's Road Race (35th)

Okayama, JPN, 23 December

(Distance: 21.1 km)

(gun times)

1. Rei Ohara, 1:10:04
2. Misaki Kato, 1:10:42
3. Ayaka Fujimoto, 1:11:20
4. Ayano Ikemitsu, 1:11:36
5. Mai Ito, 1:11:39
6. Risa Shigetomo, 1:11:47

Corrida Pedestre Internationale de Houilles 10 km (45th)

Houilles (Yvelines), FRA, 18 December

MEN (gun times)

- | | |
|------------------------------------|----------|
| 1. Cornelius KANGOGO, 1993, KEN | 28:19 |
| 2. Jemal Yimer MEKONNEN, 1996, ETH | 28:19 PB |
| 3. El Mahjoub DAZZA, 1991, BRN | 28:19 PB |
| 4. Thierry NDIKUMWENAYO, 1997, BDI | 28:19 DB |
| 5. Dawit FIKADU, 1995, ETH | 28:20 |

WOMEN (gun times)

- | | |
|-------------------------------|-------------|
| 1. Viola KIBIWOT, 1983, KEN | 31:14 DB/CR |
| 2. Katrina WOOTTON, 1985, GBR | 31:47 PB |

- | | |
|---------------------------------|----------|
| 3. Carolyne JEPKOSGEI, KEN | 32:54 |
| 4. Samira MEZEGHRANE, 1979, FRA | 33:03 |
| 5. Melissa COURTNEY, 1993, GBR | 33:15 PB |

Taipei Marathon

Taipei, TPE, 18 December
(Distance: 42.195 km)

Note: The big news here was Sammy Kitwara's course record in the men's marathon, good for a USD 56K payday. He also ran the Amsterdam marathon on 16 October in 2:05:45 (2nd place). – Ed.

MEN (gun times)

- | | | | |
|-------------------------------|---------|----|------------------------------|
| 1. Sammy Kitwara, KEN | 2:09:59 | CR | TWD 1,800,000 (= USD 56,113) |
| 2. William Chebon Chebor, KEN | 2:13:40 | | 300,000 |
| 3. Johnstone Kibet, KEN | 2:13:59 | | 200,000 |

WOMEN (gun times)

- | | | |
|--------------------------------|---------|----------------------------|
| 1. Mercy Jerotich Kibarus, KEN | 2:36:33 | TWD 800,000 (= USD 24,970) |
| 2. Leah Kiprono Jebet, KEN | 2:37:01 | 300,000 |
| 3. Elizabeth Chemweno, KEN | 2:40:39 | 200,000 |

Tata Steel Kolkata 25 km (3rd)

Kolkata, IND, 18 December

MEN

- | | | | |
|-----------------------------|---------|-------|------------------------------------|
| 1. Govindan Lakshmanan, IND | 1:17:16 | CR/NR | INR 250,000 + 50,000* (= USD 4419) |
| 2. Srinu Bugatha, IND | 1:17:18 | | 175,000 |
| 3. Balliappa A B, IND | 1:17:24 | | 100,000 |

*) Course record bonus.

WOMEN

- | | | |
|-----------------------|---------|--------------------------|
| 1. Monika Athare, IND | 1:34:15 | INR 250,000 (= USD 3683) |
| 2. Jyoti Gawte, IND | 1:35:35 | 175,000 |
| 3. Monika Raut, IND | 1:35:37 | 100,000 |

CROSS-COUNTRY

Great Edinburgh Cross Country (13th)

Edinburgh, GBR, 7 January

SR. MEN INTERNATIONAL RACE (8 km/2 short 1 km laps & 4 long 1.5 km laps)

Team results (six athletes score per team): 1. USA, 37; 2. Europe, 70; 3. Great Britain, 70.

- | | | |
|-------------------------|-------|-------|
| 1. Leonard KORIR, USA | 24:03 | £6000 |
| 2. Callum HAWKINS, GBR | 24:04 | 4500 |
| 3. Aras KAYA, EUR (TUR) | 24:21 | 3000 |
| 4. Sam CHELANGA, USA | 24:23 | 2500 |
| 5. Stanley KEBENEI, USA | 24:39 | 1500 |
| 6. Garrett HEATH, USA | 24:43 | 1250 |
| 7. Mo FARAH, GBR | 24:49 | 1000 |

SR. WOMEN INTERNATIONAL RACE (6 km/4 long 1.5 km laps)

Team results (six athletes score per team): 1. Europe, 28; 2. Great Britain, 72; 3. USA, 72

1. Yasemin CAN, EUR (TUR) 20:36 £6000
2. Fionnuala MCCORMACK, EUR (IRL) 20:57 4500
3. Meryem AKDAG, EUR (TUR) 21:02 3000
4. Emily LIPARI, USA 21:17 2500
5. Ancuta BOBOCEL, EUR (ROU) 21:18 1500

Campaccio Classica del Cross (60th)

(IAAF Cross-country Permit Meeting)

San Giorgio su Legnano, ITA, 6 January

SR. MEN (10 km)

1. Muktar EDRIS, ETH, 28:54
2. Imane MERGA, ETH, 28:55
3. Jairus BIRECH, KEN, 28:59
- ... 6. Conseslus KIPRUTO, KEN, 29:20

SR. WOMEN (6 km)

1. Hellen OBIRI, KEN, 18:32
2. Faith CHEPYEGON, KEN, 18:36
3. Agnes TIROP, KEN, 18:56
4. Gelete BURKA, ETH, 19:01
5. Enatnesh ALAMREW, ETH, 19:13

Cross International Venta de Baños (37th)

Venta de Baños (Palencia), ESP, 18 December

ABSOLUTE MEN (10680 m):

1. Aweke AYALEW, 1993, BRN, 32:42
2. Jairus BIRECH, 1992, KEN, 33:04
3. Javier GUERRA, 1983, AC ADIDAS, 33:22
4. Antonio ABADIA, 1990, C.D. NIKE RUNNING, 33:31
5. Jaouad TOUGANE, 1989, MAR, 33:46

ABSOLUTE WOMEN (6640 m):

1. Etenesh DIRO, 1991, ETH, 30:35
2. Trihas GEBRE, 1990, ATLETISMO SANTUTXU, 30:40
3. Alessandra AGUILAR, 1978, C.DENTAL SEOANE PAMPIN, 30:50
4. Gema MARTIN BORGAS, 1987, C.DENTAL SEOANE PAMPIN, 30:54
5. Ana LOZANO DEL CAMPO, 1991, C.DENTAL SEOANE PAMPIN, 31:05

IRIS CrossCup Brussels (24th)

Bruxelles, BEL, 18 December

SR. MEN (9000 m)

1. Isaac KIMELI, 1994, BEL, 26:26
2. Jeroen D'HOEDT, 1990, BEL, 26:28
3. Souffiane BOUCHIKI, 1990, BEL, 26:38
4. Simon DEBOGNIES, 1996, BEL, 26:58
5. Jonathan TAYLOR, 1987, GBR, 27:02

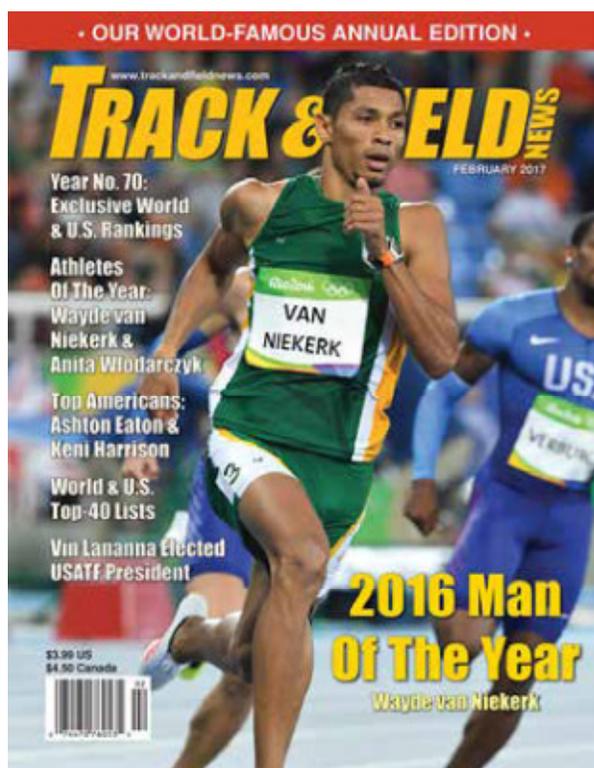
SR. WOMEN (6000 m)

1. Fionnuala MCCORMACK, 1984, IRL, 19:28
2. Louise CARTON, 1994, BEL, 19:46
3. Laura WEIGHTMAN, 1991, GBR, 19:46
4. Maureen KOSTER, 1992, NED, 20:01
5. Kate HULLS, 1985, GBR, 20:03

NEWS

ATHLETE OF THE YEAR: VAN NIEKERK 2, BOLT 1

While the IAAF named Usain Bolt and Almaz Ayana as its World Athletes of the Year, the readers of *Athletics International* (AI) chose world record breakers Wayne van Niekerk and Anita Wlodarczyk (who, incidentally, were also the choices of DRR's Editor).



Van Niekerk achieved yet another phenomenal feat when he not only became the first South African to be named Athlete of the Year by the authoritative magazine *Track & Field News* (TFN), but also the first man in history to win the magazine's Performance of the Year award with a perfect score. All 26 members of the panel of experts voted for his world record time in Rio. Earlier in the year Van Niekerk was also the first SA athlete to grace the cover of TFN; he repeated this in the February issue. He received 97.8% of the vote for Athlete of the Year.

The SA sprint star was also named as the best male athlete in all sports at the Rio Olympics by the Association of National Olympic Committees – which makes the IAAF selection even more difficult to understand.

Bolt received the IAAF award for a record sixth time since 2008. He clocked season's bests of 9.81 and 19.78 to win the sprint double in Rio and anchored the Jamaican team to a world leading 37.27

when winning the 4x100 m. He went undefeated throughout the whole season. After recording the fastest ever 10000 m debut in June, Ayana went on to win the Olympic title in a world record 29:17.45. She took bronze in the 5000 m, her only loss of the year, and ended the year as the Diamond Race winner for that event.

Other awards – Male Rising Star: Andre de Grasse (21), sprint marks of 9.91 and 19.80, and Olympic 200 m silver and 100 m bronze medallist; Female Rising Star: Nafissatou Thiam (21 at the time), Olympic heptathlon champion with world-leading 6810, including a 1.98 high jump; Coaching Achievement: Harry Marra, US coach who guided Ashton Eaton to Olympic decathlon and World Indoor Championships heptathlon gold and Brianne Theisen-Eaton to World Indoor pentathlon gold and Olympic heptathlon bronze; President's Award (recognising and honouring great service to athletics): Tegla Loroupe, Chef de Mission for the Refugee Olympic Team in Rio; Women in Athletics: Polyxeni Argeitaki, an assistant professor of athletics at a university in Athens who is president of the scientific committee at the Hellenic Athletics Federation and has written more than 50 scientific publications.

Van Niekerk, who took the 400 m gold medal in Rio in 43.03, ran out the winner over Mo

Farah and Bolt in the AI poll, while Wlodarczyk, who set world hammer records in Rio (82.29) and Warsaw (82.98), finished ahead of Ayana and Elaine Thompson. Readers were invited to vote for their top 10 athletes of the year and the placings are:

Men: 1 Wayde van Niekerk 714 pts; 2 Mo Farah 627; 3 Usain Bolt 589; 4 Ashton Eaton 373; 5 Eliud Kipchoge 292; 6 David Rudisha 272; 7= Coneslus Kipruto & Christian Taylor 253; 9 Ryan Crouser 186; 10 Omar McLeod 160. **Women:** 1 Anita Wlodarczyk 686; 2 Almaz Ayana 627; 3 Elaine Thompson 506; 4 Ruth Jebet 400; 5 Sandra Perkovic 328; 6 Keni Harrison 303; 7 Caterine Ibargüen 222; 8 Caster Semenya 186; 9 Shaunae Miller 124; 10 Nafi Thiam 115.

South African 800-metre star Semenya was placed seventh on the TFN list of the top ten women of 2016. The TFN lists are: **Men:** 1 Van Niekerk; 2 Farah; 3 Bolt; 4 Kipchoge; 5 Eaton; 6 Kipruto; 7 Taylor; 8 Crouser; 9 McLeod; 10 Rudisha. **Women:** 1 Wlodarczyk; 2 Ayana; 3 Thompson; 4 Jebet; 5 Harrison; 6 Perkovic; 7 Semenya; 8 Miller; 9 Vivian Cheruiyot; 10 Ibargüen.

NEWS AROUND DOPING

Race Results Weekly reported that Rita Jeptoo (KEN) was not the only top athlete to be disqualified from the Boston Marathon in 2014 (21 April) for doping. Aleksandra Duliba (BLR), who originally finished sixth in 2:21:29, was later disqualified based on irregularities in her biological passport. As such, the revised top-10 women from this race is as follows:

ALL WOMEN'S ELITE RACE (gun times)

1. Buzunesh Deba, 26, ETH	2:19:59 PB/CR	\$150,000 + 25,000*
2. Mare Dibaba, 24, ETH	2:20:35	75,000
3. Jemina Sumgong, 29, KEN	2:20:41 PB	40,000
4. Meselech Mekamu, 29, ETH	2:21:28	25,000
5. Shalane Flanagan, 32, Portland, OR	2:22:02 PB	15,000
6. Sharon Cherop, 30, KEN	2:23:00	12,000
7. Philes Ongori, 27, KEN	2:23:22 PB	9,000
8. Desiree Linden, 30, Washington, MI	2:23:54	7,400
9. Belaynesh Oljira, 23, ETH	2:24:21 PB	5,700
10. Yeshi Esayias, 28, ETH	2:27:40	4,200

*) Course record bonus

OBITUARY

DOUBLE OLYMPIC CHAMPION MIRUTS YIFTER DIES IN CANADA

Miruts Yifter, the Ethiopian two-time Olympic gold medalist known for his sudden, explosive bursts of speed, died on 22 December in Toronto. He was 72.

The Ethiopian Athletics Federation announced his death on its website. He had been hospitalized for months with a collapsed lung, Ethiosports.com said.

Yifter was widely known as Yifter the Shifter for his acceleration, which propelled him to gold medals in the 5000- and 10000-meter races at the 1980 Olympic Games in Moscow.

In an article describing his strategy, *The New York Times* reported on the 5000: "Yifter won the 5000 with his trademark, a burst of speed over the final 300 meters that makes it look as if he has suddenly jumped on a bicycle while the others in the race are still merely running. It is a move to which other runners usually have no answer, and today was no exception."

His Olympic career began in 1972 in Munich, where he won the bronze medal in the 10000. He missed the 5,000 race when his coach failed to summon him in time for the start.

He did not compete at the 1976 Summer Games in Montreal because Ethiopia, like other African countries, boycotted the Olympics that year. The boycott was in protest of the International Olympic Committee's refusal to ban New Zealand, whose national rugby team had toured South Africa in defiance of a widely observed athletics embargo on that country because of its policy of apartheid.

Yifter continued to compete into the early 1980s, running on Ethiopia's gold-medal-winning team at the 1982 and 1983 International Cross-Country Championships. But life after his Olympic victories was overshadowed by unrest in his home country.

He lost a coaching job with the national team and, he said, was beaten by security forces because he had run afoul of the country's leaders. In the late 1990s, he moved to Canada.

Miruts Yifter was born in Adigrat, a village in the Tigray region of northern Ethiopia. His birth date is listed by most sources as 15 May 1944, though in a 1997 interview with *The Times* he said he was not sure of his exact age because record-keeping in the rural area where he grew up was spotty.

Yifter has seven children, most of whom live outside Ethiopia, The Associated Press reported.

He worked in factories and as a carriage driver before he joined the Ethiopian Air Force. He first gained international attention as a long-distance runner in 1971 when he ran in the first United States-Pan Africa meet, in Durham, NC.

His achievements inspired a new generation of Ethiopian runners, including Haile Gebrselassie, who won gold medals in the 10000 meters at the 1996 and 2000 Olympics.

"Miruts has been everything to me and my athletics career," Gebrselassie was quoted by The Associated Press. "When I started running, I just wanted to be like him. He is the reason for who I am now and for what I have achieved."



Yifter the Shifter wins the gold medal in the 10000 m at the 1980 Olympic Games in Moscow. [The New York Times/Getty Images]

STATS**WORLD MARATHON PERFORMANCES 2016**

Ken Young of *The Analytical Distance Runner* has compiled the following table of top marathon performances in 2016 for men and women. The first line shows the number of performances under the various times (under 2:20, 2:19, etc.) in 2016 and the second line the data for 2015. In both the men's and women's cases 2015 was a better year than 2016.

MEN

<u><2:20</u>	<u><2:19</u>	<u><2:18</u>	<u><2:17</u>	<u><2:16</u>	<u><2:15</u>	<u><2:14</u>	<u><2:13</u>	<u><2:12</u>	<u><2:11</u>	<u><2:10</u>	<u><2:09</u>	<u><2:08</u>
1480	1322	1136	965	824	678	556	438	343	220	153	96	55
1607	1430	1236	1049	887	728	583	445	334	257	176	109	61

<2:07 <2:06 <2:05 <2:04

34	16	7	4
29	10	3	0

WOMEN

<u><2:50</u>	<u><2:48</u>	<u><2:46</u>	<u><2:44</u>	<u><2:42</u>	<u><2:40</u>	<u><2:38</u>	<u><2:36</u>	<u><2:34</u>	<u><2:32</u>	<u><2:30</u>	<u><2:28</u>	<u><2:26</u>
1684	1479	1291	1089	925	780	634	498	373	255	175	108	69
1777	1533	1302	1122	943	778	643	513	378	279	202	134	76

<2:24 <2:22 <2:20

25	7	1
31	9	2

STATS TIME

With the Bay to Bay 30 km having been run in Cape Town this past weekend, here is an all-time list of the top ten men over this distance.

ALL-TIME 30 KM: TOP 10 MEN

1:32:43	Neo Molema	Cape Town	12 Jan 02
1:33:25a	Charles Vilakazi	Malaga	27 Jan 90
1:34:30	Nkosinathi Madyo	Cape Town	06 Jan 13
1:35:10	John September	Parow	08 Mar 97
1:35:16	Kevin Shaw	Pietermaritzburg	17 Jan 82
1:35:15a	Josiah Thugwane	Malaga	27 Jan 90
1:35:35	Patty Francis	Milnerton	31 Mar 90
1:35:36	Thembelani Zola	Cape Town	12 Jan 02
1:35:38	John Thomas	Milnerton	09 May 87
1:35:39	Francois Bindemann	Milnerton	09 May 87

THIS MONTH IN HISTORY**30 years ago: 17 January 1987**

Monica Drögemöller scored the second of three consecutive victories in the 11th Bay to Bay 30 km race in Cape Town, running an impressive 1:53:01 to break her own SA record, set the previous year, by 39 seconds. This record still stands. All three of the Celtic Harrier's wins were accomplished in under two hours, and no other woman has achieved this feat. Only seven other women have ever won the race in faster than two hours, and it has happened only three times in the past fourteen years. The race was held for the 41st time yesterday.

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.

MENOpen

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		18 Jun
	45:39	Jeromy Andreas	Eersterivier	
21.1 km	41:32	James Mwangi Wangari (KEN)		30 Jul
	41:13	Leonard Patrick Komon (KEN) 2010		
	61:26	Stephen Mokoka	Port Elizabeth	
	59:07	James Mwangi Wangari (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		07 May 31 Jan
	83:28	Tumelo Mahlangu	Pretoria	
	81:12a	Siyabonga Nkonde	Pinetown	
	75:32	Christopher Landry (USA)		
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		05 Mar
	1:36:30	Melikhaya Frans	Uitenhage	
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:10:18	Stephen Mokoka	Shanghai	30 Oct
	2:03:03	Kenenisa Bekele (ETH)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		27 Nov
	6:24:05	Bongmusa Mthembu	Los Alcàzares	
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:57	Gert Thys	Goodwood	12 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:35	Shadrack Hoff	Pretoria	20 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:17	Shadrack Hoff	Port Elizabeth	30 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:23	Maxwell Goodman	Uitenhage	05 Mar

Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:34	George Mooi	Boksburg	23 Oct
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:10	Nel Mtsweni	Port Elizabeth	30 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:40:13	Reginald Ngobese	Soweto	06 Nov
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	71:31	Martin Rees (GBR) 2013		
25 km	1:49:33	Jan Lebesse	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		
30 km	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:01:52	Kosie Botha	Stellenbosch	12 Nov
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:12	Jeff Smith	Ravensmead	19 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:28	Jeff Smith	Port Elizabeth	30 Jul
	82:23	Ed Whitlock (CAN) 2001		
25 km	3:03:13	Assie van Aswegen	Pretoria	07 May
	99:59	Clive Davies (USA) 1985		
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:23:49	Johan van Zyl	Cape Town	18 Sep
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	30:23	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		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN)		
		Netsanet Gudeta Kebede (ETH)		
		Genet Ayalew Kassahun (ETH)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	71:00	Irvette van Zyl	Port Elizabeth	30 Jul
	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:25:36	Alphine Tuliamuk (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Zyl	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km	10:16:48	Martha Pretorius	Cape Town	24 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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

Masters (50+)

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

	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:00:27	Ansa Strydom	Pretoria	07 May
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:12	Margie Saunders	Port Elizabeth	20 Aug
	38:56	Lidia Zentner (GER) 2015		
15 km	64:56	Margie Saunders	Port Elizabeth	06 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	92:42	Margie Saunders	Port Elizabeth	11 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:20:20	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:14	Pixie Sparg	Grassy Park	04 Sep
	44:09	Lavinia Petrie (AUS) 2014		
15 km	82:28	Pixie Sparg	Eersterivier	18 Jun
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:08:12	Veronica van Niekerk	Stellenbosch	12 Nov
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:25	Simonay Weitsz	Port Elizabeth	09 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	56:55	Ashleigh Simonis	Table View	10 Dec
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

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