

Distance Running Results

Vol. 17, No. 2 – 16 January 2017

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

Two 15 km races that have both been run more than 30 times were held this past weekend. In Constantia, Cape Town, the Fry's Hohenort had its 43rd edition, with the wins going to Mthandazo Qhina in 48:40 and Fortunate Chidzivo (ZIM) in 56:58. It was the second victory in less than a week for Chidzivo; she had also won the NutriBullet 30 km the previous Sunday (results included this week). In Port Elizabeth the 32nd N2 City Bluewater Bay race was won by Zolani Mabhongo in 47:55 and Siphokazi Nojoko in 62:10.

Not counting the aided Bay to Bay course, the Port Elizabeth race produced eight list leaders and the much more difficult event in Constantia three.

The finishers figure for the Tokai Manor House Run in last week's DRR was wrong – the first three digits (814) was the correct figure. The last three (805) represented the 2015 figure, which was not deleted by mistake.

Because of the late publication of our US partner *Race Results Weekly* today, we will catch up with the international results next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * N2 City Bluewater Bay 15 km, Port Elizabeth
 - * Fry's Hohenort 15 km, Constantia
 - * ACE Half Marathon & 10 km, Eersterust
 - * NutriBullet Bay to Bay 30 km, Camps Bay
 - * Track: UCT Holiday Meeting, Cape Town
-

ROAD RUNNING

N2 City Bluewater Bay 15 km (32nd)

Port Elizabeth, 14 January

(Loop course. Finishers: 730 [up from 669 last year].)

MEN

1	Zolani Mabhongo	Ikhamva AC	30	47:55
2	Melikhaya Frans	Ikhamva AC	26	49:27

3	Rodney	Prins	Nedbank RC	28	49:52
4	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	50:08
5	Lubabalo	Mdlungwane	Ikhamba AC	26	50:37
6	Tandisile	Xoshomba	Temp	21	50:59
7	Anele	Maliza	Nedbank RC	38	51:03
8	Lonwabo	Williams (1 st jun)	Tinarha AC	18	52:10
9	Luyanda	Tshangana	Ikhamba AC	33	52:15
10	Zolile	Mhlahlo	Achilles AAA	42	52:39
11	Xolisa	Ndlumbini	Vukani MS Club	34	53:00
12	Kgotso	Majara	Ikhamba AC	36	53:25
13	Masande	Mlonyeni	Charlo AC	36	53:26
14	Terrance	Mjekula	Tinarha AC	44	53:51
15	Nathi	Mda	Motherwell AC	25	53:58
16	Mandisi	Zamani	VWAC	24	54:00
17	Sinethemba	Merele	Tinarha AC	16	55:21
18	Thobile	Xata	Nedbank RC	42	55:24
19	Hopewell	Jabavu	Temp	33	55:46
20	Xolisa	Kula	Motherwell AC	27	56:24
40-44:					
1	Mzwanele	Maphekula	Bluewater Bay	40	50:08
2	Zolile	Mhlahlo	Achilles AAA	42	52:39
3	Terrance	Mjekula	Tinarha AC	44	53:51
45-49:					
1	Mzukisi	Klaas	Bluewater Bay	48	57:10
2	Luvuyo	Dyani	Motherwell AC	46	58:05
3	Sandiso	Ngxishe	Temp	46	1:02:51
50-54:					
1	Desmond	Zibi	Achilles AAA	53	56:47
2	Christopher	Mabengeza	Nedbank RC	50	57:01
3	Darrell	Wicht	Madiba BW	53	57:06
55-59:					
1	Kenneth	Menze	Bluewater Bay	55	59:05
2	Michael	Bekapi	Ikhamba AC	55	1:03:02
3	Clifford	Hicken	Nedbank RC	59	1:08:56
60-64:					
1	Charles	Baatjies	Temp	60	1:14:24
2	At	Schoeman	Nedbank RC	60	1:16:48
3	Roland	Dace	Gelvan AC	62	1:18:33
65-69:					
1	Sizinzo	Kama	Achilles AAA	65	1:09:20
2	Albert	Ngcanga	Xcel AC	66	1:13:25
3	Graham	Channon	Achilles AAA	67	1:14:28
70-74:					
1	Cilliers	Swart	Nedbank RC	70	1:17:06
2	Tamsanqa	Jusayi	Nedbank RC	74	1:17:34
3	Johannes	Herbst	Muirite Strider	70	1:18:00
75-79:					
1	Godfrey	Kariem	Gelvan AC	76	1:30:03
2	Willem	Schoeman	Muirite Strider	75	2:01:33
Juniors:					
1	Lonwabo	Williams	Tinarha AC	18	52:10
2	Sinethemba	Merele	Tinarha AC	16	55:21
3	Xabiso	Kobe	Tinarha AC	18	1:01:27
WOMEN					
1	Siphokazi	Nojoko	Motherwell AC	22	1:02:10

2	Davera	Magson (1 st vet)	Nedbank RC	42	1:04:24
3	Freedah	Ncube	Madibaz AC	34	1:04:39
4	Christine	Claasen (1 st mast)	Achilles AAA	52	1:06:40
5	Margie	Saunders (1 st g'mast)	Nedbank RC	63	1:08:15
6	Elmare	Bezuidenhout	Charlo AC	34	1:09:22
7	Deliwe	Nyanga	Nedbank RC	27	1:09:40
8	Talana	Vosloo	Despatch AC	35	1:10:46
9	Siphokazi	Liwani (1 st jun)	Motherwell AC	19	1:10:51
10	Lizette	Sydien	Xcel AC	30	1:11:20
11	Priscilla	Dyantyi	Nedbank RC	42	1:11:35
12	Grizelda	Pietersen	Nedbank RC	48	1:12:47
13	Janette	Schierz-Crusius	Body Concept	56	1:13:01
14	Hanlie	Van der Westhuizen	Despatch AC	60	1:13:09
15	Nolikhanyo	Mdwayi	Achilles AAA	35	1:13:15
16	Ilze	Ritter	Charlo AC	28	1:13:31
17	Hayley	Mason	Temp	32	1:13:56
18	Anche	Schubart	Achilles AAA	35	1:14:15
19	Tanya	Wilson	Temp	24	1:14:42
20	Toegeda	Vyver	Nedbank RC	44	1:15:48

40-44:

1	Davera	Magson	Nedbank RC	42	1:04:24
2	Priscilla	Dyantyi	Nedbank RC	42	1:11:35
3	Toegeda	Vyver	Nedbank RC	44	1:15:48

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	1:12:47
2	Michelle	Van Iddekinge	Elite AC	49	1:16:47
3	Suzette	Victor	Madiba BW	46	1:19:05

50-54:

1	Christine	Claasen	Achilles AAA	52	1:06:40
2	Ida	Struwig	Madibaz AC	54	1:21:52
3	Buyelwa	Kobokana	Nedbank RC	51	1:24:22

55-59:

1	Janette	Schierz-Crusius	Body Concept	56	1:13:01
2	Ina	Meaker	Infinity AC	55	1:27:03
3	Lynette	Crause	Infinity AC	56	1:28:23

60-64:

1	Margie	Saunders	Nedbank RC	63	1:08:15
2	Hanlie	Van der Westhuizen	Despatch AC	60	1:13:09
3	Christine	Snyman	Despatch AC	60	1:27:06

65-69:

1	Jeanette	Pienaar	PEAAC	68	1:43:19
2	Denise	Terblanche	Infinity AC	69	1:55:30
3	Rita	Boucher	Infinity AC	66	2:05:17

70-74:

1	Liz	Grundlingh	Muirite Strider	70	1:28:39
2	Ronelle	Steyn	Nedbank RC	72	1:40:29
3	Christine	Fourie	Elite AC	70	1:50:51

75-79:

1	Isabella	Childs	Infinity AC	75	1:51:37
---	----------	--------	-------------	----	---------

Juniors:

1	Siphokazi	Liwani	Motherwell AC	19	1:10:51
---	-----------	--------	---------------	----	---------

Fry's Hohenort 15 km (43rd)

Constantia, 14 January

(Certified loop course, very hilly. Finishers: 2387 [down from 2621 last year].)

MEN

1. Mthandazo Qhina (Ned) 48:40 (R1300)
2. Akhona Mdaka (EGA) 49:29 (R900)
3. Danzil Paulse (East) 49:38 (R600)

(All age category prize money except 70+ was the same: R800, R550, R400.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 53:09 ; 2. Shawn Abrahams (Ind) 54:00; 3. Roger Dickson (VOB) 54:44. **Masters:** 1. Steve Motau (Ned) 57:25; 2. John September (Itheke) 58:14; 3. Monde Tutani (Gugs) 60:02. **G'masters:** 1. Mochamat Kriel (Ommie) 62:09; 2. Les Chivell (FH) 64:11; 3. Eise Geerts (Bell) 67:19. **G/g'masters:** 1. Jeff Smith (Itheke) 73:45 (R500); 2. Ronnie le Roux (Brack) 80:41 (R350); 3. Gideon Malherbe (Celtic) 83:59 (R200). **Juniors:** 1. Thembeke Mendu (Gugs) 53:54; 2. Boithapelo Lehlehla (HH) 54:53; 3. Lethu Cetwayo (VOB) 56:22.

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 56:58
2. Zintle Xiniwe (KPMG) 58:03
3. Nomvuyisi Seti (Itheke) 58:04

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 64:26; 2. Ursula Frans (Ned) 65:03; 3. Busisiwe Matiwane (Ned) 66:42. **Masters:** 1. Mariëtte Strauss (Tyger) 67:09; 2. Georgina Andraos (VOB) 69:34; 3. Renée Scott (VOB) 71:08. **G'masters:** 1. Nancy Will (Pine) 73:21; 2. Charmaine Cupido (Ned) 77:04; 3. Judith Grove (Tyger) 78:50. **G/g'masters:** 1. Marlene James (Pine) 1:40:33; 2. Avril Delapelin Dumont (WC) 1:51:50; 3. Jean Cammidge (FH) 1:53:03. **Juniors:** 1. Razaan Kamaldien (Carb) 72:27; 2. Kirstin Bloomer (UCT) 86:37; 3. Ingrid Grundlingh (Sanlam) 86:51.

ACE Half Marathon (24th) & 10 km (15th)

Eersterust, Pretoria, 14 January

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: cool, overcast, ideal conditions. Finishers: half marathon – 1054; 10 km – 1533; also 602 in 5 km.)

Half marathon**MEN**

1. Micah Kipyego (KEN/Brooks) 1:13:29
2. Siyabonga Dingile (Ned) 1:14:36
3. Elliott Makgoba (Mon) 1:15:32

Veterans: 1. Greg Barnes (B2R) 1:18:02. **Masters:** 1. Phillemon Mailoha (Mor) 1:24:52. **G'masters:** 1. Johan Nel (Irene) 1:39:22. **G/g'masters:** 1. Luke Hepkema (Mag) 2:21:31. **Juniors:** 1. Germaine Adams (ACE) 1:33:41.

WOMEN

1. Holly Page (Ind) 1:30:11
2. Madri Wiid (TUT) 1:35:42
3. Franza Landman (Irene) 1:36:22

Veterans: 1. Corné Prinsloo (NPO) 1:43:06. **Masters:** 1. Ansie Breytenbach (Irene) 1:43:21. **G'masters:** 1. Leonie Loots (Del) 2:32:43.

10 km

MEN

1. Jacob Tseko (Rockies) 32:43
2. Esau Radebe (Ned) 32:50
3. Simon Mokonyama (Mon) 33:04

Veterans: 1. Thomas Mkanzi (FFA) 37:20. **Masters:** 1. Maghbanya Nhlanhla (DCS) 39:29. **G'masters:** 1. Francis Makuka (ZAM/Phob) 43:00. **G/g'masters:** 1. Elias Raphulu (BD) 47:31. **80+:** 1. Ken Nurden (Agape) 61:16. **Juniors:** 1. Lesetja Bopape (Ned) 40:32; 2. James Skwela (Aur) 47:22.

WOMEN

1. Andrea Steyn (KPMG) 38:50
2. Stella Marais (Tuks) 39:05
3. Thembi Baloyi (TUT) 41:18

Veterans: 1. Lorraine Boshoff (VTM) 45:44. **Masters:** 1. Debbie Bredenkamp (Harl) 50:22. **G'masters:** 1. Joey Cloete (Irene) 58:15. **G/g'masters:** 1. Hettie Booysen (Std B) 94:32. **80+:** 1. Miemie Schoeman (Ind) 109:26. **Juniors:** 1. Carnie Prinsloo (Mont) 45:37; 2. Sumarie Moolman (ACRW) 52:43.

NutriBullet Bay to Bay 30 km (41st)

Camps Bay, 8 January

(Certified out-and-back course with loop at far end, very hilly. Finishers: 2800 [down from 2913 last year].)

Note: The results of the 15 km were included last week, but there have been quite a few changes, so the correct results are included here as well. – Ed.

MEN

1. Lusapho April (Ox Str) 1:36:10 (R5000)
2. Etienne Plaatjies (Ned SWD) 1:36:46 (R3000)
3. Givemore Mudzinganyama (ZIM/Asics) 1:38:39 (R2000)
4. Sibusiso Madikizela (MSA) 1:39:53
5. Duane Fortuin (Ind) 1:40:31

Veterans: 1. Gert Thys (CC) 1:45:54 (R2500); 2. Tsungai Mwanengeni (ZIM/Gugs) 1:50:29 (R2000); 3. Quinton Prince (Met) 1:54:14 (R1500). **Masters:** 1. Steve Motau (Ned) 1:57:25 (R2000); 2. John September (Itheke) 1:59:07 (R1500); 3. Solly van Rooyen (Worc) 2:00:26 (R1000). **G'masters:** 1. Louis Claassen (AMSAC) 2:17:54 (R1000); 2. Robbie Lindsay (Ned) 2:18:48 (R500); 3. Barry Bester (CMC) 2:25:47 (R300). **G/g'masters:** 1. Gideon Malherbe (Celtic) 2:59:59 (R500); 2. Bruce Barber (FH) 3:14:37 (R200); 3. Yusuf Gamaldien (Itheke) 3:37:33 (R100).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 1:56:55
2. Danette Smith (KPMG) 1:59:01
3. Ulrica Stander (KPMG) 2:02:35 (1st vet)
4. Tanya Scott (UCT) 2:06:12
5. Bulelwa Simae (Ned) 2:09:15

Veterans: 1. Ulrica Stander (KPMG) 2:02:35; 2. Ursula Frans (Ned) 2:14:35; 3. Obertina Kanyongo (ZIM/FNB) 2:16:52. **Masters:** 1. Ester Brink (Carb) 2:28:30; 2. Kathleen McQuaide (VOB) 2:34:34; 3. Juliette Savini (Durb) 2:36:47. **G'masters:** 1. Nancy Will (Pine) 2:32:53; 2. Hester Kotze (Durb) 2:42:07; 3. Annelie Mader (Durb) 2:49:21.

G/g'masters: 1. Veronica van Niekerk (EGA) 2:50:37; 2. Avril Delapelin Dumont (WC) 3:42:00.

15 km corrected results

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. Vakalisa Kopolo (Ned) 53:01 (R1350); 2. Thembelani Zola (Ned) 53:29 (R1000); 3. Mathias Kanisiu (Hout) 55:55 (R900). **Masters:** 1. Julian Paul (SANDF) 62:50 (R900); 2. Shafiek Cassiem (Itheke) 66:18 (R600); 3. Vaughn 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 (Itheke) 74:57 (R400); 2. Maajid Warley (SH) 91:38 (R300); 3. Oloff Crous (Brack) 92:21 (R200).

WOMEN (Same prize money as men)

1. Dominique Scott (VOB) 53:59 CR
2. Nomvuyisi Seti (Itheke) 62:16
3. Vuyiseka Nkumenge (Ned) 63:41

Veterans: 1. Sandra Kohnert (Edge) 65:39; 2. Julie Huckle (Hout) 68:34; 3. Lesly Potgieter (ATC) 71:17. **Masters:** 1. Mariëtte Strauss (Tyger) 68:50; 2. Renée Scott (VOB) 75:24; 3. Dawn Saunders (Held) 81:13. **G'masters:** 1. Charmaine Cupido (Ned) 79:02; 2. Judith Grove (Tyger) 82:18; 3. Christine Hibberd (Whalers) 83:37. **G/g'masters:** 1. Wendy Wilkins (AAC) 93:15; 2. Marlene James (Pine) 99:39; 3. Ruth Francis (IT) 1:59:27.

TRACK

UCT Holiday Meeting

(presented by Retail Capital)

Green Point Stadium, Cape Town, 19 December

(Weather: warm, strong wind)

MEN

1000:

1	Fortuin, Vincent	95	UWC	2:38.49
2	Kotze, Aubrey Michael	98	EERS	2:42.23
3	Neels, Jason	98	UWC	2:46.53

3000:

1	Van der Merwe, Samuel	98	BELL	8:41.70
2	Hefkie, Warren	96	UWC	8:47.40
3	Rabie, Kurt	96	UWC	9:05.80

WOMEN

1000:

1	Kruger, Zani	96	US	3:06.51
2	Scott, Tanya	90	UCT	3:08.10
3	Hall, Candyce		CARB	3:25.46

3000:

1	Simae, Bulelwa	77	NEDB	10:37.80
2	Scott, Tanya	90	UCT	10:42.20
3	Marais, Ebeth	95	CARB	11:02.00

NEWS

ELROY GELANT ON HIS WAY TO TRAIN WITH THE KENYANS

Distance runner Elroy Gelant will spend a month training with some of the world's best athletes, with support from Athletics South Africa (ASA), as he attempts to close the gap on the dominant East African stars.

"The aim for the training camp is not only the high altitude but for Elroy to be able to train with the best in the business," said Aleck Skhosana, President of ASA.

A former World Student Games bronze medallist, Gelant took a big step forward in his career in 2013 when he reached the 5000 m final at the IAAF World Championships in Moscow and finished 20th in the senior men's 12 km race at the IAAF World Cross-country Championships in Bydgoszcz, and the following year he was seventh in the 3000 m at the IAAF World Indoor Championships in Sopot and 13th at the World Half-marathon Championships in Copenhagen.

He enjoyed a breakthrough campaign in 2016, however, with a string of impressive performances. The 30-year-old athlete shattered Stephen Mokoka's national 5000 m record, clocking 13:04.88 in Hengelo, and he went on to earn the silver medal in his specialist track event at the African Championships in Durban, before finishing 13th in the final at the Rio Olympics.

"Our athletes can only gain from such training camps, in order to bring back our former glory in middle and long distance events," Skhosana said. "This should help his buildup to London in March for the World Champs. ASA will be looking to send more middle and long distance athletes to such training camps in future, as part of the federation's long-term preparation towards the 2020 Tokyo Olympics."

KIMETTO, KIPLAGAT LEAD BOSTON MARATHON ELITE FIELDS

Forty-four elite runners representing ten different nations will compete in the 121st Boston Marathon on Monday, 17 April, led by world record holder Dennis Kimetto and two-time world champion Edna Kiplagat, reports David Monti for *Race Results Weekly*. These elite athletes will be competing for a \$150 000 first prize, and the race will be the finale of the Abbott World Marathon Majors Series X.

Kimetto, 32, set the still-standing marathon world record of 2:02:57 at the BMW Berlin Marathon in September 2014. Since then, the Kenyan has struggled to remain at the top of the sport. During his 2015 and 2016 campaigns, he started four marathons and failed to finish two, including the 2015 IAAF World Championships in Beijing. His best mark during that period was a 2:05:50, good for third place at the 2015 Virgin Money London Marathon.

Kiplagat, 37, won back-to-back world marathon titles in Daegu in 2011 and then in Moscow in 2013. Since then she has run six marathons, scoring podium finishes in three and taking the win at the Virgin Money London Marathon in 2014. Her most recent result was a second place finish at the Bank of America Chicago Marathon last October in 2:23:28. She has five career marathon wins, including the 2010 TCS New York City Marathon.

The men's field has seven more Kenyan men, including the 2011 London champion Emmanuel Mutai (2:03:13 personal best), former world record holder Patrick Makau (2:03:38), 2010 world half-marathon championships bronze medallist Sammy Kitwara (2:04:28), three-time TCS Amsterdam Marathon champion Wilson Chebet (2:05:27) and 2012 Boston Marathon champion Wesley Korir (2:06:13).

There is also a quartet of strong Ethiopian athletes in the men's field led by defending champion Lemi Berhanu Hayle (2:04:33). The others are Yemane Tsegay (2:04:48), Dino Sefir (2:04:50), and Sisay Lemma (2:05:16).

The entire 2016 USA men's Olympic Marathon team -- Meb Keflezighi (2:08:37), Galen Rupp (2:10:05) and Jared Ward (2:11:30) -- are also competing. Rupp, who has run only two marathons, was the Rio Olympic bronze medallist.

In the women's contest, Kiplagat's key challengers should be Kenya's Gladys Cheronó (2:19:25 PB), the 2014 world half-marathon champion and 2015 BMW Berlin Marathon winner; Ethiopia's Atsede Baysa (2:22:03), the reigning Boston champion; Shalane Flanagan (2:21:14), the second-fastest American woman of all-time; and Des Linden (2:22:38), who nearly won the Boston Marathon in 2011 when she finished second just two seconds behind the winner.

The complete elite field for the 121st Boston Marathon is below with career best times:

MEN

Dennis Kimetto, Kenya, 2:02:57 (Berlin, 2014) WR; Emmanuel Mutai, Kenya, 2:03:13 (Berlin, 2014); Patrick Makau, Kenya, 2:03:38 (Berlin, 2011) former WR; Sammy Kitwara, Kenya, 2:04:28 (Chicago, 2014); Lemi Berhanu Hayle, Ethiopia, 2:04:33 (Dubai, 2016); Yemane Tsegay, Ethiopia, 2:04:48 (Rotterdam, 2012); Dino Sefir, Ethiopia, 2:04:50 (Dubai, 2012); Sisay Lemma, Ethiopia, 2:05:16 (Dubai, 2016); Wilson Chebet, Kenya, 2:05:27 (Rotterdam, 2011); Wesley Korir, Kenya, 2:06:13 (Chicago, 2012); Geoffrey Kirui, Kenya, 2:06:27 (Amsterdam, 2016); Yared Asmeron, Eritrea, 2:07:27 (Chuncheon, 2011); Meb Keflezighi, USA, 2:08:37 (Boston, 2014); Abdi Abdirahman, USA, 2:08:56 (Chicago, 2006); Cutbert Nyasango, Zimbabwe, 2:09:52 (Prague, 2014) NR; Galen Rupp, USA, 2:10:05 (Rio de Janeiro, 2016); Luke Puskedra, USA, 2:10:24 (Chicago, 2015); Eric Gillis, Canada, 2:11:21 (Toronto, 2014); Jared Ward, USA, 2:11:30 (Rio de Janeiro, 2016); Shadrack Biwott, USA, 2:12:01 (New York, 2016); Sean Quigley, USA, 2:13:30 (Fukuoka, 2013); Daniel Salel, Kenya, debut.

WOMEN

Gladys Cheronó, Kenya, 2:19:25 (Berlin, 2015); Edna Kiplagat, Kenya, 2:19:50 (London, 2012); Buzunesh Deba, Ethiopia, 2:19:59 (Boston, 2014) CR; Shalane Flanagan, USA, 2:21:14 (Berlin, 2014); Atsede Baysa, Ethiopia, 2:22:03 (Chicago, 2012); Desiree Linden, USA, 2:22:38 (Boston, 2011); Jelena Prokopcuka, Latvia, 2:22:56 (Osaka, 2005) NR; Valentine Kipketer, Kenya, 2:23:02 (Amsterdam, 2013); Caroline Rotich, Kenya, 2:23:22 (Chicago, 2012); Joyce Chepkirui, Kenya, 2:24:11 (Amsterdam, 2015); Rose Chelimo, Bahrain, 2:24:14 (Seoul, 2016); Ruti Aga, Ethiopia, 2:24:41 (Berlin, 2016); Brigid Kosgei, Kenya, 2:24:45 (Lisbon, 2016); Diane Nukuri, Burundi, 2:27:50 (London, 2015); Blake Russell, USA, 2:29:10 (Chicago, 2005); Lindsay Flanagan, USA, 2:29:28 (Frankfurt, 2016); Kellys Arias, Colombia, 2:29:36 (Hamburg, 2016) NR; Clara Santucci, USA, 2:29:54 (Boston, 2011); Rachel Hannah, Canada, 2:32:09 (Houston, 2016); Esther Atkins, USA, 2:33:15 (Boston, 2014); Liz Costello, USA, debut; Jordan Hasay, USA, debut.

OBITUARY

This obituary was originally written for the website of Western Province Athletics. – Ed.

GERT ENGELBRECHT, RESPECTED ADMINISTRATOR AND COACH, PASSES AWAY

By Riël Hauman

South African athletics lost one of its most experienced and respected administrators and coaches with the death after a long illness of Gert Engelbrecht on Monday, 9 January. Engelbrecht, who was 71, passed away in the hospital in Mossel Bay, where he and wife Elize were on holiday.

Engelbrecht's most outstanding achievement in athletics administration is probably his tenure as Chairman of the track section of Bellville Athletics Club, which lasted from 1982 until his death. Very few club chairmen in South Africa, if any, can point to such a long service to the sport.

Engelbrecht also served as representative of Bellville AC on the provincial body, Western Province Athletics (WPA), from 1982 to 1993. He was a member of the WPA Track and Field Commission from 1982 to 2007 and treasurer of the Commission from 1993 to 2007.

He started coaching, specifically the hammer throw, in 1994 and was an IAAF Level 2 coach since 1998. Athletes coached by him won 23 medals at SA Championships and represented South Africa at the World Junior Championships, CAA All Africa Championships and the Southern Region Student Games.

Engelbrecht was manager of WP senior and junior teams from 1997 to 2014 and was a member of the local organising committee of the World Cross-country Championships which were held in Stellenbosch in 1996. He qualified as a timekeeper and field events official in 1989 and later became a referee in both disciplines. He was also a qualified equipment assizer and trained officials in the skills of assizing.

He joined the Committee of the Bellville Sport Federation (BSF), which was formed to assist all sports clubs in Cape Town's northern suburbs, in 1984 and became Vice-chairman six years later. The BSF changed its name to the Tygerberg Sport Board of Control (Bellville area) in 2000, and Engelbrecht served until 2006, when he became Chairman of the Forum of District 4 until 2013.

Engelbrecht, who played rugby for the False Bay Rugby Club in his younger days and represented Western Province in the hammer throw for several years, organised the first street mile in the province in 1986. It was run along Voortrekker Road from the Bellville Civic Centre to the old Bellville athletics track.

His daughter Marilize (later Coetzee) was coached by Engelbrecht and twice won the gold medal in the hammer throw at the SA u.23 Championships; she was WP senior champion on twenty occasions. She also won the title at the Southern Region Student Games in 1997 and was SA Students champion three times. She represented WP from 1995 to 2016.

Among the other athletes coached by him were Elmarie Knoetzen, who held the SA record until 2012 and won two SA titles; JD Wiggins, SA junior and WP junior and senior champion; Tiaan Naudé, WP junior and senior champion; Johan Kruger, who was WP junior champion and won silver and bronze medals at the SA Championships; Carissa van Beeck, WP champion; Gavin Shaw and Arno van der Westhuizen, both SA junior as well as WP junior and senior champions; and Eliska van der Merwe, WP junior champion.

Among his development activities, Engelbrecht found accommodation and jobs for Bobang Phiri and Esau Faro in Cape Town. Phiri represented the country at the Olympic Games when South Africa was reinstated in 1992 and at the Commonwealth Games two years later, while Faro represented Western Province in track, road and cross-country and is still actively involved in coaching junior athletes.

Engelbrecht was born in Langebaan on 24 February 1946 and moved to Cape Town in 1956, where he matriculated at Zwaanswyk High School in 1965. He studied to become a scientist at Karl Bremer and Groote Schuur hospitals and in 2007 became head of the Microsurgery Department at Tygerberg Medical School.

Engelbrecht leaves his wife Elize, also a well-known athlete, coach and administrator, daughter Marilize, son-in-law Fanie and two grandchildren, Mieke and Corné.

STATS TIME

Last week we included the all-time 30 km list for men. Here is an all-time list of the top ten women over this distance. Monica Drögemöller's SA record heads the list and she has three performances in the top five. With her second place in last weekend's Bay to Bay, Danette Smith sneaked into tenth on the list.

ALL-TIME 30 KM: TOP 10 WOMEN

1:53:01	Monica Drögemöller	Cape Town	17 Jan 87
1:55:08	Evelina Tshabalala	Milnerton	13 May 89
1:56:32	Tanith Maxwell	Cape Town	04 Jan 15
1:57:08	Liz Eglinton	Milnerton	13 May 89
1:57:43	Jowaine Parrott	Cape Town	15 Jan 94
1:58:12	Kim Laxton	Parow	16 Mar 13

1:58:42	Rita Toto	Cape Town	10 Jan 98
1:58:48	Jean Rayner	Milnerton	16 Mar 90
1:58:57	Farwa Mentoor	Cape Town	12 Jan 02
1:59:01	Danette Smith	Cape Town	08 Jan 17

THIS MONTH IN HISTORY

36 years ago: 25 January 1981

Mark Plaatjes, a 19-year-old Wits student, won the first edition of the Flight Hand Cleaner Marathon in Benoni by almost four minutes in 2:24:32. Among the well-known runners in his wake were Dave Wright, Riël Hugo, Bruce Fordyce (who was sixth), Jax Snyman, Ian Emery, Derick Marcisz and Dudley Hulbert, as well as 50-year-old Lars Naylor, who ran 2:57:18. The women's winner was Barbara Gilfillan in 3:20:22. Twelve years later in Stuttgart, Plaatjes would win the World Championships Marathon in the colours of the USA, clocking 2:13:57 to beat another African-born athlete, Lucketz Swartbooi (NAM). The Flight Hand Cleaner Marathon is now known as the Johnson Crane and has been held 36 times.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

This is the first compilation of list leaders for 2017. 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	32:43	Jacob Tseko	Eersterust	14 Jan
	27:52	Nicholas Kosimbei (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	46:27A	Mariano Eesou	Camps Bay	08 Jan
	47:36	Melikhaya Frans	Jeffreys Bay	07 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	74:36	Siyabonga Dingile	Eersterust	14 Jan
	58:23	Zersenay Tadese (ERI) 2010		
25 km				
30 km	71:18	Dennis Kipruto Kimetto (KEN)		
	96:10	Lusapho April	Camps Bay	08 Jan
	96:10	Lusapho April (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:08:27	Lemi Berhanu (ETH)		
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km				
	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	37:20	Thomas Mkanzi	Eersterust	14 Jan
-------	-------	---------------	------------	--------

15 km	28:51 50:08 44:14	Paulo Catarino (POR) 2003 Mzwanele Maphekula Pierre Levisse (FRA) 1992	Port Elizabeth	14 Jan
21.1 km	78:02 62:28	Greg Barnes John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Eersterust	14 Jan
25 km				
30 km	76:49 1:45:54 1:35:28	Martin Mondragon (MEX) 1994 Gert Thys Geraldo Antonio da Silva (BRA) 2002	Camps Bay	08 Jan
Marathon				
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	39:29 30:35	Maghbanya Nhlanhla Tecwyn Davies (GBR) 1988	Eersterust	14 Jan
15 km	56:47 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	14 Jan
21.1 km	84:52 66:42	Phillemon Mailoha Martin Rees (GBR) 2003	Eersterust	14 Jan
25 km				
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon				
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km				
	32:48	Martin Rees (GBR) 2013		
15 km	61:16A 62:09 54:32	Mochamat Kriel Mochamat Kriel Cees Stolwijk (NED) 2013	Camps Bay Constantia	08 Jan 14 Jan
21.1 km	99:22 71:31	Johan Nel Martin Rees (GBR) 2013	Eersterust	14 Jan
25 km				
30 km	94:01 2:17:54 1:57:07	Doug Winn (USA) 2010 Louis Claassen Ed Whitlock (CAN) 1994	Camps Bay	08 Jan
Marathon				
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	47:31 37:33	Elias Raphulu Ed Whitlock (CAN) 2004	Eersterust	14 Jan
15 km	73:45 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	14 Jan
21.1 km	2:21:31 82:23	Luke Hepkema Ed Whitlock (CAN) 2001	Eersterust	14 Jan
25 km				
30 km	99:59 2:59:59 2:00:56	Clive Davies (USA) 1985 Gideon Malherbe Ed Whitlock (CAN) 2001	Camps Bay	08 Jan
Marathon				
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	47:22	Lesetja Bopape	Eersterust	14 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	52:10	Lonwabo Williams	Port Elizabeth	14 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	93:41	Germaine Adams	Eersterust	14 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	38:50	Andrea Steyn	Eersterust	14 Jan
	32:01	Eilish McColgan (GBR)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	58:03	Zintle Xiniwe	Constantia	14 Jan
	49:09	Ruth Chepngetich (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	90:11	Holly Page	Eersterust	14 Jan
	70:20	Veronicah Maina (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km				
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:59:01	Danette Smith	Camps Bay	08 Jan
	1:59:01	Danette Smith (RSA)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon				
	2:25:45	Hiwot Gebrekidan (ETH)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	45:44	Lorraine Boshoff	Eersterust	14 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:24	Davera Magson	Port Elizabeth	14 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	1:43:06	Corné Prinsloo	Eersterust	14 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km				
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon				
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	50:22 34:44	Debbie Bredenkamp Tatyana Pozdniakova (UKR) 2005	Eersterust	14 Jan
15 km	66:40 54:33	Christine Claasen Shirley Matson (USA) 1991	Port Elizabeth	14 Jan
21.1 km	1:43:21 76:07	Ansie Breytenbach Tatyana Pozdniakova (UKR) 2006	Eersterust	14 Jan
25 km				
30 km	2:28:30	Ester Brink	Camps Bay	08 Jan
Marathon	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	58:15 38:56	Joey Cloete Lidia Zentner (GER) 2015	Eersterust	14 Jan
15 km	68:15 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	14 Jan
21.1 km	2:32:43 84:56	Leonie Loots Bernadine Portenski (NZL) 2010	Eersterust	14 Jan
25 km	1:58:24	Gloria Brown (USA) 1994		
30 km	2:32:53 2:17:11	Nancy Will Barbara Miller (USA) 1999	Camps Bay	08 Jan
Marathon	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				

Great grandmasters (70+)

10 km	94:32 44:09	Hettie Booysen Lavinia Petrie (AUS) 2014	Eersterust	14 Jan
15 km	88:39 72:52	Liz Grundlingh Jo Klein (NED) 2004	Port Elizabeth	14 Jan
21.1 km	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	45:37 31:42	Carnie Prinsloo Zola Pieterse (RSA) 1984	Eersterust	14 Jan
15 km	70:51 49:40	Siphokazi Liwani Ines Chenonge (KEN) 2001	Port Elizabeth	14 Jan
21.1 km	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Sonia & Kevin Harlock, Irene & Jan van Eeden, Pete van der Merwe, Kevin Lodge, James Evans

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530,
RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za

