

Distance Running Results

Vol. 17, No. 38 – 25 September 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

Another brilliant run by Olympic champion Eliud Kipchoge took him to victory in yesterday's 44th BMW Berlin Marathon after a tough battle with newcomer Guye Adola -- during which an irritated Kipchoge in the latter stages on a few occasions exchanged words with his rival and gestured to him not to run so close to his shoulder and also motioned to him to take the lead. Kipchoge finally moved away from the Ethiopian at the 40 km aid station after Adola had earlier, at 37 km, opened a gap of about 20 m. By the 38 km mark, Kipchoge had nearly caught up, and Adola surged again. Kipchoge waited again to react. At 40km, he deliberately picked up his bottle on the left side of the roadway, took a sip, threw the bottle away, then left Adola behind. The Ethiopian's body seemed to slump, and he could not respond to Kipchoge's move. Unfortunately, the cat and mouse game the two leaders played in the final 5 km segment cost them valuable time. They "only" split 15:04 through 40 km and this, coupled with the sometimes heavy rain that fell earlier, the wet road and high humidity, put paid to any chances that the world record -- which was the unequivocally stated aim of the top three, Kipchoge, Kenenisa Bekele and Wilson Kipsang -- would be broken.

Kipchoge crossed the line in 2:03:32, the fastest time in the world this year, followed by Adola in a world debut record of 2:03:46. The women's race went to Gladys Cherono in 2:20:23. It was the second time winning in Berlin for both athletes.

After a first 5 km segment in 14:28, faster than Dennis Kimetto's 14:42 in his world record race in 2014, the next three 5 km splits were 14:36, 14:40 and 14:34. Halfway went by in 1:01:29, well off the 1:00:45 that Kipchoge had requested, but the leaders remained right on world record pace and well under Kimetto's actual split of 1:01:45. Interestingly, Kipchoge already knew that it would not be a record day. "After five kilometers I knew it was not possible," Kipchoge later told the media. "I could see how the road was (with so many puddles)... That's when I realised that the world record was not possible."



The two runners pictured in DRR 17:36 are Thulani Sibisi, Two Oceans winner in 1986, and Ernest Seleke, SA's first sub-2:10 (and 2:11!) marathoner in 1984. John Brimble got it right. The photograph was sent by Bob de la Motte.

The 25 km split was 1:12:50, with Bekele having already fallen behind in the 23rd kilometre -- plagued by muscle problems due to the cold and slippery road, according to his manager as reported by *Race Results Weekly*. Bekele, who won last year in an exciting battle with Kipsang, dropped out after 30 km. Kipsang was the next casualty. After picking up his drink at the fluid station before the 30 km mark, he ran over the timing mat, then abruptly stopped with the last pacemaker, his friend Sammy Kitwara. He was seen later on the TV broadcast throwing up at the side of the road after speaking with his manager, who said that the cold and wet conditions were the problem.

Adola, who has a half-marathon best of 59:06, was proving to be a formidable opponent for the mighty Kipchoge, a man who had only lost one marathon in eight starts. At 35 km (1:42:04) the world record was improbably still within reach.

Kipchoge, who ran the final two kilometers alone, most of it smiling, was pleased with his win. "This was my hardest marathon ever," he said. "I still felt confident when Adola went ahead of me. The conditions were not easy and I still think I am capable of breaking the world record."

Cherono had to overcome a strong challenge from Kenyan compatriot Valary Aiyabei and Ethiopians Ruti Aga and Amane Beriso. Aga got second in 2:20:41, a huge personal best, and Aiyabei ended up third in 2:20:53, shaving about a minute from her best time.

Kipchoge has now run six sub-2:05 marathons (seven when counting his Monza run), two behind Kipsang's eight. The average of Kipchoge's top five marathons is 2:03:47, two seconds slower than Kipsang. The average for the ten fastest performances in Berlin improved from 2:03:35 to 2:03:28 -- it is the only marathon with an average under 2:04; London is second with 2:04:34. The women's average for Berlin is now 2:19:52; London is still tops with 2:18:26.

Locally, the FNB Joburg 10 km CityRun was won by Thabang Mosiako in 29:52 (with Stephen Mokoka second) and Glenrose Xaba in 35:40.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * FNB Joburg 10 km CityRun, Johannesburg
- * MSA Multisport Triple F 10 km, Wynberg
- * Legends Ultramarathon, Half Marathon & 10 km, East London
- * Bophelong Half Marathon & 10 km, Mamelodi
- * Caltex Sole Destroyer Half Marathon, East London
- * Vaal River City Marathon, Half Marathon & 10 km, Vanderbijlpark

International highlights:

- * BMW Berlin Marathon, Berlin, GER
 - * Le Lion 2017, Belfort to Montbéliard, FRA
 - * Dam tot Damloop, Amsterdam to Zaandam, NED
 - * Wachau Half Marathon, Spits to Krems, AUT
 - * American Association for Cancer Research Rock 'n' Roll Philadelphia Half Marathon, Philadelphia, USA
 - * Beijing International Marathon, Beijing, CHN
 - * Great Alaska Mile Series - Kodiak, Kodiak, USA
 - * Great Alaska Mile Series - West Anchorage, West Anchorage, USA
 - * Half Marathon Buenos Aires, Buenos Aires, ARG
 - * XC: Mountain Dew Gator Cross Country Invitational, Gainesville, USA
-

ROAD RUNNING

FNB Joburg 10 km CityRun

Johannesburg, 24 September

(Loop course at altitude. Finishers: 10 775 [up from 8880 last year].)

MEN (gun times)

1. Thabang Mosiako (Ned), 22, 29:52
2. Stephen Mokoka (Boxer), 32, 30:16
3. Gladwin Sibabalwe Mzazi (Boxer), 29, 30:36
4. Mbongeni Nxazozo (Boxer), 37, 30:38
5. Lesiba Precious Mashele (Ned), 26, 30:42
6. Xolisa Tyali (Trans), 28, 30:47
7. Lebenya Nkoka (LES/Ned), 34, 30:50
8. Lucky Modike Mohale (Boxer), 32, 30:53
9. David Manja (Ned), 26, 30:55
10. Joel Mmone (Ned), 29, 31:11

WOMEN (gun times)

1. Glenrose Xaba (Boxer), 22, 35:40
2. Nolene Conrad (KPMG), 32, 36:13
3. Rhudo Monderwa (ZIM/Ned), 25, 36:41
4. Rutendo Nyahora (ZIM/Ned), 28, 36:57
5. Mapaseka Makhanya (Olifants), 30, 37:17
6. Christine Kalmer (KPMG), 31, 37:35
7. Maria Shai (Boxer), 30, 37:42
8. Lebogang Phalula (Boxer), 34, 37:53
9. Marelise Retief (Boxer), 31, 37:58
10. Rachel Leistra (Ind), 20, 38:21

MSA Multisport Triple F 10 km (1st)

Wynberg, Cape Town, 24 September

(Certified out-and-back course with loop at far end. Finishers: 1546.)

MEN

1. Siboniso Soldaka (CPUT) 30:51 (R2000)
2. Sibusiso Madikizela (MSA) 31:16 (R1500)
3. Ashley Smith (MSA) 31:18 (R1000)

(Prize money in the categories for veterans, masters and g'masters was the same: R500, R400, R300.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 33:48; 2. Gareth Berning (VOB) 34:09; 3. Lee Weaver (SANDF) 37:38. **Masters:** 1. Johnny Persents (WR) 35:33; 2. Peter Wrench (Carb) 39:34; 3. Shamiel Dramat (Top) 40:51. **G'masters:** 1. Mochamat Kriel (Ommie) 38:49; 2. Goodman Mpukane (Gugs) 41:46; 3. Gemjikile Tom (Eskom) 42:57.

G/g'masters: 1. Jimmy Morris (Forest) 43:24 (R500); 2. Dave Kennett (VOB) 57:34.

Juniors: 1. Gershwin Aziza (SH) 34:15 (R1000); 2. Franklin September (Velo) 35:07 (R800); 3. Nashief Stemmet (SH) 35:32 (R600).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 36:40
2. Vuyiseka Nkumenge (Ned) 37:41
3. Bulelwa Simae (Ned) 37:54 (1st vet)

Veterans: 1. Bulelwa Simae (Ned) 37:54; 2. Busisiwe Matiwane (Ned) 42:42; 3. Marietjie Coetzer (Durb) 43:03. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 42:14; 2. Bev Charters (VOB) 45:41; 3. Roldah Orrie (Itheko) 49:01. **G'masters:** 1. Nancy Will (Pine) 44:54; 2. Charmaine Cupido (Ned) 47:30; 3. Theresa Isaacs (VOB) 53:03. **G/g'masters:** 1. Marietha Herbert (Bell) 53:11; 2. Pixie Sparg (Celtic) 56:12. **Juniors:** 1. Laila Abuzaid (Good) 42:57; 2. Razaan Kamaldien (Carb) 43:18; 3. Caity Schlehmeier (Lange) 44:22.

Legends Ultramarathon, Half Marathon & 10 km

East London, 24 September

(Distances: 68 km -- certified point-to-point course from Bisho to East London with a drop of 7.9 m/km from start [544 m above sea level] to finish [6 m above sea level] and a S/F separation of 49.2 km [72% of race distance]; 21.1 km -- certified, five laps at sea level; 10 km -- one lap at sea level with 1.5 km out and back at start and finish. Finishers: ultramarathon -- 235; half-marathon -- 487; 10 km -- 212.)

Note 1: While the routes for the two longer races are certified and were run correctly, the route for the 10 km was changed at the last moment because of road works and the actual distance is uncertain. The times should be regarded with caution for statistical purposes. -- Ed.

Note 2: Thanks to Pieter de Jager for the category results and detailed information about the routes (which he measured). -- Ed.

Ultramarathon

MEN

1. Lyno Muchena (ZIM/Phant) 4:07:44
2. Siphwo Nicholas Ndlela (Ned) 4:08:33
3. Delani Mkhize (Ned) 4:13:30
4. Charles Tjiane (ME) 4:14:12 (1st vet)
5. Luzuko Moeliswa (AF) 4:21:56

Veterans: 1. Charles Tjiane (ME) 4:14:12; 2. Mpesela Ntlotsoeu (LES/ME) 4:29:49; 3. Skhumbuzo Dlamini (ME) 4:34:12. **Masters:** 1. Mzoli Mpalala (OM) 5:12:20; 2. Bhishe Nombewu (Ned) 6:15:50; 3. Fikile Gqamane (Balekani) 7:20:55. **G'masters:** 1. Sonny Leopeng (RAC) 6:02:38; 2. Don Charles (Ned) 6:22:52; 3. Sam Damane (B2R) 7:28:37.

WOMEN

1. Ann Ashworth (TomTom) 4:58:29
2. Emmah Mathibela (Ned) 5:23:14
3. Monica Kativhu (ZIM/Ned) 5:24:31
4. Samukeliso Moyo (ZIM/Ned) 6:03:24 (1st vet)
5. Maureen Dladla (Maluti) 6:05:30

Veterans: 1. Samukeliso Moyo (ZIM/Ned) 6:03:24; 2. Ntombi Sipika (RG) 7:32:33; 3. Mandy Morgan (B2R) 7:42:30. **Masters:** 1. Jacqueline Buyelwa (Ned) 6:52:15. **G'masters:** 1. Ithumeng Boshoe (Sunning) 8:33:13.

Half marathon

MEN

1. Silindise Gubese (Pantina) 1:06:31
2. Lukhanyo Ngxoko (B2R) 1:06:34
3. Lungile Gongqa (Ned) 1:08:50
4. Vuyo Madikiza (EMC) 1:09:11
5. Zongamele Dyubeni (RRR) 1:09:23 (1st vet)

Veterans: 1. Zongamele Dyubeni (RRR) 1:09:23; 2. Siyabulelo Madlavana (B2R) 1:10:26; 3. Peter Masia (RAC) 1:17:04. **Masters:** 1. Makaya Masumpa (B2R) 1:15:56; 2. Abram

Ndhlebe (OM) 1:16:08; 3. Desmond Zibi (AAA) 1:17:25. **G'masters:** 1. Charl Pienaar (O Selb) 1:39:24; 2. Mpumelelo Maci (Buffs) 1:43:18; 3. Donald Mancasa (Walmer) 1:49:57. **Juniors:** 1. Siphamandla ? (Phakama) 1:16:56; 2. Luxolo Shushu (B2R) 1:19:14; 3. Luzuko Sitaki (Cheetah) 1:22:55.

WOMEN

1. Jenet Mbhele (Umzim) 1:17:35
 2. Liziwe Mabona (AMPA) 1:19:47
 3. Stephanie Smith (B2R) 1:20:01
 4. Ntombesintu Mfunzi (Ned) 1:22:08
 5. Caryn Lategan (B2R) 1:29:40

Veterans: 1. Weziwe Dlavana (Hlazo) 1:46:41; 2. Janet Kieck (B2R) 1:49:02; 3. Berenice Timothy (B2R) 1:52:24. **Masters:** 1. Sarah Mahlangu (Sunning) 1:36:37; 2. Sharon Wood (RWFL) 1:37:06; 3. Sherae Kreuzsch (B2R) 1:47:03. **G'masters:** 1. Michelle Whittington (O Selb) 2:04:11; 2. Gillian Bowman (Ox St) 2:28:02; 3. Janette Samuels (Queens) 3:07:37. **Juniors:** 1. Danieke de Kock (B2R) 1:42:25; 2. Zikhona Bici (Hlazo) 1:48:05; 3. Nomakhosi Ntliziyo (Ind) 1:48:25.

10 km

MEN

1. Melikhaya Frans (Ikhamva) 30:07
 2. Amos Nyongo (Ikhanva) 30:12
 3. Mariano Eesou (Madibaz) 30:42
 4. Zuko Kupiso (Ind) 31:41
 5. Zolani Mabongo (Ikhanva) 31:42

Masters: 1. Hendrick Erasmus (Queens) 38:13. **G'masters:** 1. Themba Bhelwana (Ox St) 44:48. **Juniors:** 1. Lithobe Menzeleleli (B2R) 34:09.

WOMEN

1. Hanlie Botha (Ind) 36:01
 2. Siphokazi Nojoko (Mother) 40:31
 3. Andrea Ranger (O Selb) 40:47
 4. Zandile Menze (OM) 44:15
 5. Zandile Rubushe (Rain) 44:27

Veterans: 1. Michelle Conroy (B2R) 46:13. **Masters:** 1. Vaness Jones (B2R) 61:55. **G'masters:** 1. Helene Nel (ELP) 77:28. **Juniors:** 1. Natasha Magaga (Mother) 49:17.

Bophelong Half Marathon & 10 km

Mamelodi, Pretoria, 23 September
 (Distances: 21.1 km & 10 km)

Half marathon

MEN

1 Steve Ngqola (Monaco) 67:37; 2 Ignicious Mmushi (PMK) 71:15; 3 Frans Mogashoa (Wingate) 71:50.

Veterans: 1 Enoch Skosana (Nedbank) 79:09. **Masters:** 1 Nic Shelver (Magnolia) 1:42:50. **G'masters:** 1 Temba Ngcaku (ACE) 97:16. **G/g'masters:** 1 Ian MacFadyen (Irene) 1:57:57.

WOMEN

1 Tegan Edwards (Vitality) 92:46; 2 Sunette Schoonraad (Nedbank) 1:42:04; 3 Susan Rossouw (CSIR) 1:42:50 (1st vet).

Veterans: 1 Susan Rossouw (CSIR) 1:42:50. **Masters:** 1 Margaret Chamberlain (Phobians) 2:01:34. **G'masters:** 1 Bertha Schack (Akasia) 2:34:21.

10 km

MEN

1 Africa Mailola (Nedbank) 30:38; 2 Justice Ramalivhana (Medihelp) 34:49; 3 Josias Mahlangu (Temp) 35:21.

Veterans: 1 George Mnisi (Denel) 43:43. **Masters:** 1 Jannie Theron (Vitality) 51:51. **G'masters:** 1 Louwrens Smit (Irene) 49:52. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 56:56. **80+:** 1 Ken Nurden (Agape) 55:14.

WOMEN

1 Celeste van Tonder (Temp) 50:38; 2 Joey Cloete (Irene) 51:50; 3 Annelize Theron (Vitality) 52:28 (1st mast).

Masters: 1 Annelize Theron (Vitality) 52:28. **G'masters:** 1 Joey Cloete (Irene) 51:50. **G/g'masters:** 1 Dot van Heerden (Fit 2000) n/t.

Caltex Sole Destroyer Half Marathon (25th)

East London, 17 September

(Distance: 21.1 km; hilly point-to-point course, mostly on gravel. Finishers: 531.)

Note: Well-known Eastern Cape runner Sharon Eldridge has completed all 25 races. -- Ed.

MEN

1. Luthando Hejana (RG), 28, 1:11:36
2. Vusumsi Zondo (Ox St), 22, 1:11:42
3. Athenkosi Skweza (RU), 25, 1:20:46
4. Edumisa Mtohi (Ned), 25, 1:21:41
5. Doran Fritz (Ned), 44, 1:22:45

WOMEN

1. Cherise Sims (Madibaz), 24, 1:33:00
2. Ingrid Webber (O Selb), 36, 1:40:06
3. Karen Davis (B2R), 40, 1:43:31
4. Pakama Ramontseng (Advent), 41, 1:44:50
5. Melanie Elsdon (Ox St), 37, 1:44:56
- ...
15. Sharon Eldridge (O Selb), 55, 2:02:42

Vaal River City Marathon, Half Marathon & 10 km (1st)

Vanderbijlpark, 17 September

(Distances: 42.195 km, 21.1 km & 10 km; loop courses)

Marathon

MEN

1	Lucas Raseruthe	36	LES/32Gi	2:28:38	R10 000
2	Pita Makhoali	26	Rand Water AC	2:29:10	R5000
3	Mmanoko Mokwalakwala	40	Miway Warriors	2:31:30	R1000

Veterans:

1	Mmanoko Mokwalakwala	40	Miway Warriors	2:31:30	R5000
2	Shadrack Hoff	44	Maxed Elite	2:34:13	R1000

Masters:

1	Reginald Ngobese	50	32Gi	2:46:09	R1000
---	------------------	----	------	---------	-------

G'masters:

1	Marius Carstens	60	Team Vitality	3:15:33	R500
---	-----------------	----	---------------	---------	------

WOMEN (Same prize money as men)

1	Lizzy Babili Ramadimetja	27	Nedbank	3:15:48	
2	Jeannie Jordaan	37	Modern Athlete	3:22:45	
3	Vicky Hansen	36	Wanderers AC	3:22:45	

Veterans:

1	Lindsay van Aswegen	49	Kempton RR	3:36:47	
2	Disebo Thebapelo	48	Rand Water AC	3:47:46	

Masters:

1	Louise Goosen	52	Kempton RR	4:09:36	
---	---------------	----	------------	---------	--

G'masters:

1	Petra Myburgh	68	Striders AC	4:55:40	
---	---------------	----	-------------	---------	--

Half marathon

MEN

1	David Manja	26	Nedbank	1:07:27	R5000
2	Sibusiso Nzima	30	Nedbank	1:08:12	R2500
3	Phillimon Tebogo Mathiba	25	Nedbank	1:08:22	R500

Veterans:

1	Tsotang Maine	43	LES/Nedbank	1:10:36	R2500
2	Johannes Kekana	45	Maxed Elite	1:11:35	R500

Masters:

1	Christoffel van Heerden	58	Krugersdorp RR	1:30:14	R750
---	-------------------------	----	----------------	---------	------

G'masters:

1	Jeffrey Gcelu	62	Ubank	1:37:45	R350
---	---------------	----	-------	---------	------

WOMEN (Same prize money as men)

1	Mamorallo Tjoka	32	ZIM/Nedbank	1:23:20	
2	Andronica Mokgotla	28	Nedbank	1:26:47	
3	Tebogo Masehla	38	Nedbank	1:29:15	

Veterans:

1	Maria Vilakazi	41	Run Walk For Life	1:30:53	
2	Salome Cooper	42	Born 2 Run AC	1:31:09	

Masters:

1	Leonor Erwee	51	Miway Warriors	1:35:04	
---	--------------	----	----------------	---------	--

G'masters:

1	Cecilia Makhaya	61	Anglo American AC	2:29:52	
---	-----------------	----	-------------------	---------	--

10 km

MEN

1	Pharson Magagane	31	ZIM/Nedbank	31:08	R500
2	Jacob Malefo	25	Nedbank	31:27	R300
3	Blessed Ncube	27	Take It Easy	31:28	R200

Veterans:

1	Xolele Damba	42	Orange Farm AC	36:29	R200
2	Sifiso Mamba	41	Midrand Striders	36:31	R150

Masters:

1	Joseph Mabodla	52	Colossus AC	39:31	R75
---	----------------	----	-------------	-------	-----

G'masters:

1	Madibo Mafobokoala	62	Nedbank	49:45	R75
---	--------------------	----	---------	-------	-----

WOMEN (Same prize money as men)

1	Rachael Leijdekkers	39	Edenvale RRW	41:10
2	Lindiwe Lorraine Mthombeni	43	Sasolburg AC	44:28
3	Rose Jijana	32	Nedbank	44:36

Veterans:

1	Lindiwe Lorraine Mthombeni	43	Sasolburg AC	44:28
2	Florence Molawa	42	Arcelor Mittal AC	44:38

Masters:

1	Erica Hamilton	59	Vaal AC	46:33
---	----------------	----	---------	-------

G'masters:

1	Reneilwe Dibokwane	17	Vulture AC	53:38
---	--------------------	----	------------	-------

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**BMW Berlin Marathon** (44th)

(An Abbott World Marathon Majors event/IAAF Gold Label Road Race)

Berlin, GER, 24 September

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1.	Eliud Kipchoge, KEN	2:03:32 WL	€ 40,000 + 30,000i
2.	Guye Adola, ETH	2:03:46 DB*	20,000 + 15,000i
3.	Mosinet Geremew, ETH	2:06:12 PB	15,000
4.	Felix Kandie, KEN	2:06:13	12,000
5.	Vincent Kipruto, KEN	2:06:14	10,000
6.	Yuta Shitara, JPN	2:09:03 PB	7,500
7.	Hiroaki Sano, JPN	2:11:24	5,000
8.	Ryan Vail, USA	2:12:40	4,000
9.	Liam Adams, AUS	2:12:52 PB	3,000
10.	Jonny Mellor, GBR	2:12:57 PB	2,000
	Kenenisa Bekele, ETH	DNF (last split 30 km 1:28:24)	
	Wilson Kipsang, KEN	DNF (last split 30 km 1:27:26)	
	Sammy Kitwara, KEN	DNF (pace)	
	Gideon Kipketer, KEN	DNF (pace)	
	Geoffrey Ronoh, KEN	DNF (pace)	
	Jacob Kendagor, KEN	DNF (pace)	
	Philipp Pflieger, GER	DNF (last split 30 km 1:33:39)	

*) World record for a debut on a record-standard course

i) Earned time bonus

Splits for men's leaders:

5 km	14:28	14:28
10 km	29:04	14:36
15 km	43:44	14:40
20 km	58:18	14:34
25 km	1:12:50	14:32

30 km 1:27:24 14:34
 35 km 1:42:04 14:40
 40 km 1:57:08 15:04
 Half 1:01:29

WOMEN (gun times)

1. Gladys Cheronno, KEN	2:20:23	€ 40,000 + 15,000i
2. Ruti Aga, ETH	2:20:41 PB	20,000
3. Valary Aiyabei, KEN	2:20:53 PB	15,000
4. Helen Tola, ETH	2:22:51 PB	12,000
5. Anna Hahner, GER	2:28:32	10,000
6. Catherine Bertone (1972), ITA	2:28:34 WR 4549	7,500
7. Sonia Samuels, GBR	2:29:34	5,000
8. Azucena Diaz, ESP	2:30:31 PB	4,000
9. Catarina Ribeiro, POR	2:33:13	3,000
10. Kim Dillen, NED	2:33:24 PB	2,000
Amane Beriso, ETH	DNF (last split 30 km in 1:39:27)	
Maja Neuenschwander, SUI	DNF (last split 25 km in 1:30:01)	
Lily Partridge, GBR	DNF (last split 25 km in 1:29:39)	
Anna Incerti, ITA	DNF (last split 30 km in 1:45:41)	

i) Earned time bonus

Le Lion 2017 (35th)

Belfort to Montbéliard, FRA, 24 September
 (Distance: 21.1 km; point-to-point course)

MEN (gun times)

1. Wilson TOO, KEN, 1:00:58
2. Dominic KIPTARUS, KEN, 1:01:08
3. Masresha BISETEGN, ETH, 1:01:49
4. Nathan AYEKO, UGA, 1:01:51
5. Felician MUHITIRA, RWA, 1:01:57

WOMEN

1. Dalila GOSA, BRN, 1:12:30
2. Gebiyaneh GEDAMU, ETH, 1:12:36

Dam tot Damloop (33rd)

Amsterdam to Zaandam, NED, 17 September
 (Distance: 10 miles; point-to-point course with no elevation change)

MEN (gun times)

1. Birhanu Legese, ETH 45:38 PB
2. Yewew Alamirew, ETH 45:45 PB
3. Jiksa Tadesse, ETH 45:51 PB

ALL-WOMEN EARLY START (gun times)

1. Mercyline Chelangat, KEN 53:08 PB
2. Sofia Assefa, ETH 53:13 PB
3. Risa Takenaka, JPN 53:15

Wachau Half Marathon

Spits to Krems, AUT, 17 September

(Distance: 21.1 km; flat point-to-point course along the Donau River)

MEN (gun times)

1. Peter Cheruiyot Kirui, 1988, KEN 1:00:45
2. Wilson Cheruiyot, 1987, KEN 1:01:03
3. Hillary Kimaiyo, 1994, KEN 1:01:05
4. Benard Bett, 1993, KEN 1:01:49
5. Luka Lobuwan, 1988, KEN 1:02:24

WOMEN (gun times)

1. Polline Njeru, 1988, KEN 1:10:38
2. Stellah Barsosio, 1993, KEN 1:10:57
3. Viola Jelegat, 1990, KEN 1:13:04

American Association for Cancer Research Rock 'n' Roll Philadelphia Half Marathon (40th)

Philadelphia, USA, 17 September

(Distances: 21.1 km; certified, flat, out-and-back course along the Schuylkill River)

MEN (gun times*)

1. Galen Rupp, 31, Portland, OR 1:02:18 \$2500
2. Martin Hehir, 24, Philadelphia, PA 1:04:00 1150
3. Gebrekidan Abadi, 32, Boulder, CO (ETH) 1:04:05 500

WOMEN (gun times*)

1. Meseret Defar, 33, ETH 1:08:46 \$2500
2. Caroline Rotich, 33, Santa Fe, NM (KEN) 1:09:41 1150
3. Jordan Hasay, 25, Portland, OR 1:10:42 500
4. Buzunesh Deba, 30, Bronx, NY (ETH) 1:11:43 250
5. Reia Iwade, 22, JPN 1:14:00 100
6. Alia Gray, 28, Boulder, CO 1:15:16
7. Miyuki Uehara, 21, JPN 1:15:30
8. Melanie Myrand, 31, CAN 1:17:12

*) In some cases, net times were listed as slower than gun times (which is impossible), so the slower time was used.

Beijing International Marathon (37th)

(IAAF Gold Label Road Race)

Beijing, CHN, 17 September

(Distance: 42.195 km; flat point-to-point course from Tian'anmen Square to National Stadium [the "Bird's Nest"])

MEN

1. Salah-Eddine Bounasr, MAR 2:11:18 USD 20,000^
2. Girmay Birhanu Gebru, ETH 2:11:26 10,000^
3. Stephen Chemlany, KEN 2:11:50 6,000^

^) Prize money reduced for slow times

WOMEN

1. Meselech Tsegaye Beyene, ETH 2:27:44 USD 20,000^
2. Rebecca Kangogo Chesir, KEN 2:30:31 10,000^

3. Rahma Tusa Chota, ETH 2:33:22 6,000^

Great Alaska Mile Series - Kodiak

Kodiak, USA, 16 September
(Distance: 1 mile)

Note: *Race Results Weekly* reports that Alaska native Trevor Dunbar organized this two-race series with the goal of seeing the first-ever sub-4:00 mile in the state of Alaska (outdoors). That goal was achieved by Kyle Merber in the West Anchorage race (see results below), but then Ben Blankenship improved on Merber's time here in Kodiak three days later. Also, Blankenship's mark is the fastest mile, indoors or outdoors, in the state of Alaska. --Ed.

MEN

1. Ben Blankenship, Nike Oregon Track Club, 3:57.85 MR
2. Colby Alexander, Hoka NJ-NY Track Club, 4:00.46
3. Garrett Heath, Brooks Beats, 4:01.76
4. Kyle Merber, Hoka NJ-NY Track Club, 4:03.18
5. Trevor Dunbar, Nike, 4:03.82

Great Alaska Mile Series - West Anchorage

West Anchorage, USA, 13 September
(Distance: 1 mile at West High School track [track has no curb but was coned on the turns].)

MEN

1. Kyle Merber, Hoka NJ-NY Track Club, 3:59.36 MR
2. Ben Blankenship, Nike Oregon Track Club, 3:59.67
3. Colby Alexander, Hoka NJ-NY Track Club, 4:00.01
4. Trevor Dunbar, Nike, 4:02.21

Half Marathon Buenos Aires (29th)

Buenos Aires, ARG, 10 September
(Distance: 21.1 km; out and back course at sea level)

MEN (gun times)

1. Paul Kipchumba Lonyangata, KEN, 1:01:28
2. Simon Kiruthi Muthoni, KEN, 1:02:33
3. Clement Kiprono Langat, KEN, 1:04:16
4. Damiao Ancelmo De Souza, BRA, 1:04:25
5. Ulises Ambrocio, PER, 1:04:26 PB

WOMEN

1. Florencia Borelli, ARG, 1:11:58 NR/CR/ACR
2. Angela Jemesunde Tanui, KEN, 1:12:01
3. Esther Chesang Kakuri, KEN, 1:12:25
4. Hirut Alemayehu Gebremikal, ETH, 1:13:55
5. Andrea Aparecida Hessel, BRA, 1:15:27

CROSS-COUNTRY

Mountain Dew Gator Cross Country Invitational

Gainesville, USA, 23 September

MEN (8 km) - 1. Gilbert BOIT, SO Tennessee Tech (KEN), 24:30.9; 2. David TOO, SO Florida A&M (KEN), 24:51.6; 3. Festus KEMBOI, SO Florida A&M (KEN), 25:03.8.

WOMEN (5 km) - 1. Eden MEYER, SR North Florida, 17:09.4; 2. Sherilene GELDERBLOM, SO FIU (RSA), 17:21.2; 3. Purity SANGA, FR Tennessee Tech (KEN), 17:46.8.

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2017. 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.

2017 MARATHON: TOP 10 MEN

2:10:51	Desmond Mokgobu	12	Rotterdam	09 Apr
2:11:41	Lusapho April	5	Hannover	09 Apr
2:12:50	Elroy Gelant	5	Cape Town	17 Sep
2:13:20	Xolisa Tyali	8	Cape Town	17 Sep
2:15:41	Melikhaya Frans	10	Cape Town	17 Sep
2:16:14	Mokgobu-2	21	London	06 Aug
2:16:53	Stephen Lesego Mokoka	34	Tokyo	26 Feb
2:18:05	Gladwin Mzazi	11	Cape Town	17 Sep
2:18:52	Lungile Gongqa	12	Mumbai	16 Jan
2:21:02	Michael Mazibuko	14	Cape Town	17 Sep
2:21:15	Lutendo Mapoto	1	Polokwane	29 Apr

THIS MONTH IN HISTORY

24 years ago: 18 September 1993

The Sole Destroyer in East London was one of the "tough races" that came into being in the early 1990s. Named after Chris Sole, who was a pupil at Cambridge High School and later belonged to Oxford Striders, the first race -- then called the Hi-Tec Half Marathon -- was held on this day. The demanding route, often used by Sole for training runs, went through the hills and valleys of the Horseshoe area. The winners of the first race were Makaya Masumpa in 70:15 and Diane Sandford, both from Oxford Striders. There were 211 finishers. The 25th running of the race was held recently (results elsewhere in this issue). Sole scored multiple wins in another tough event, the Table Mountain Race in Cape Town. [Thanks to Karen Zimmerman and Tony Viljoen's *Road Running: The Border Story* for some of this information.]

SOUTH AFRICAN ROAD 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.

MENOpen

10 km	28:18	Elroy Gelant	Bellville	03 Jun
	27:10	Bernard Kimeli (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		19 Aug
	44:47	Gladwin Mzazi	Pretoria	
21.1 km	42:00	Matthew Kimeli Kipkorir (KEN)		24 Jun
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	61:21	Stephen Mokoka	Port Elizabeth	29 Jan
	58:40	Abraham Cheroben (KEN)		
30 km	58:23	Zersenay Tadesse (ERI) 2010		04 Mar
	81:36A	Sipho Mbanjwa	Pinetown	
Marathon	74:27	Dathan Ritzenhain (USA)		09 Apr
	71:18	Dennis Kipruto Kimetto (KEN)		
100 km	90:54	Melikhaya Frans	Uitenhage	22 Jul
	90:17	Yuichiro Ueno (JPN)		
Marathon	87:13**	Eliud Kipchoge (KEN) 2016		09 Apr
	87:13**	Stanley Biwott (KEN) 2016		
100 km	2:10:51	Desmond Mokgobu	Rotterdam	22 Jul
	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		22 Jul
	7:42:28	Simphiwe Vellem	Cape Town	
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	31:45	Mzwanele Maphekula	Port Elizabeth	22 Apr
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:16	Simon Mpholo	Port Elizabeth	24 Jun
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	85:54	Shadrack Hoff	Pretoria	06 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:41	William Mokwalakwala	Centurion	01 May
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	11:04:47	Johannes Joseph	Cape Town	22 Jul
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:20	Makaya Masumpa	Port Elizabeth	22 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:02	Makaya Masumpa	Port Elizabeth	24 Jun
	66:42	Martin Rees (GBR) 2003		
25 km	97:58A	Basie Bonaparte	Somers East	18 Mar
	98:49	Joseph Ndlovu	Pretoria	
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
	2:33:15	Reginald Ngobese	Sasolburg	
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		04 Feb
	11:08:36	Hilton Murray	Cape Town	

Grandmasters (60+)

10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	87:51 71:31	Thomas Moses Martin Rees (GBR) 2013	Port Elizabeth	24 Jun
25 km	1:54:07A 1:58:06 94:01	Devilliers Oberholzer Theo Bohnen Doug Winn (USA) 2010	Pinetown Pretoria	29 Jan 06 May
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:04:53 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Cape Town	17 Sep
100 km	12:52:48	Ratlali Finger	Cape Town	22 Jul

Great grandmasters (70+)

10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	1:56:09 99:59	Elias Raphulu Clive Davies (USA) 1985	Pretoria	06 May
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:37:53 2:54:49	Elias Raphulu Ed Whitlock (CAN) 2004	Centurion	01 May
100 km	14:57:07	Donald Ross-Watt	Cape Town	22 Jul

Juniors

10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar
21.1 km	68:26 59:16	Aphelele Nkonyana Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 Jun

WOMENOpen

10 km	32:22 29:43 30:21 Mx 30:04p Mx 30:29 Wo	Dominique Scott-Efurd Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Boston	25 June
15 km	53:59A 55:48 45:37 46:14** Mx 45:37p Mx 46:59** Wo	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Camps Bay Eersterivier	08 Jan 08 Jul
21.1 km	72:31 64:52 65:09 Mx 65:06p Mx 64:52p Mx	Cornelia Joubert Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Peres Jepchirchir (KEN) 2017 Joyciline Jepkosgei (KEN)	Port Elizabeth	24 Jun

25 km	66:25	Wo	Lornah Kiplagat (NED) 2007		
	90:21A		Jenna Challenor	Pinetown	29 Jan
	1:40:31		Jenna Challenor	Durban	19 Mar
30 km	84:36		Alphine Tuliamuk (USA)		
	79:53	Mx	Mary Keitany (KEN) 2010		
	82:47	Wo	Paula Radcliffe (GBR) 2005		
	1:54:43		Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24		Ami Utsunomiya (JPN)		
	1:38:49	Mx	Mizuki Noguchi (JPN) 2005		
Marathon	1:38:42p	Mx	Aberu Kebede (ETH) 2016		
	1:39:11	Wo	Mary Keitany (KEN) 2011		
	2:36:47		Irvette van Zyl	Cape Town	17 Sep
	2:17:01		Mary Keitany (KEN)		
	2:15:25	Mx	Paula Radcliffe (GBR) 2003		
100 km	2:17:42	Wo	Paula Radcliffe (GBR) 2005		
	9:42:24		Rowen Gloyne (vet)	Cape Town	22 Jul
	6:33:11		Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>					
10 km	36:40		Bulelwa Simae	Bellville	03 Jun
15 km	32:14		Priscilla Welch (GBR) 1985		
	56:36		Charné Bosman	Pretoria	19 Aug
21.1 km	49:35		Priscilla Welch (GBR) 1985		
	80:02		Bulelwa Simae	Port Elizabeth	24 Jun
25 km	69:56		Irina Permitina (RUS) 2009		
	1:48:53A		Shani Silver	Pinetown	29 Jan
	1:49:32		Maria Vilakazi	Pretoria	06 May
30 km	82:13		Mizuki Noguchi (JPN) 2005		
	2:02:35		Ulrica Stander	Camps Bay	08 Jan
Marathon	1:51:37		Mieke Pullen (NED) 2001		
	2:54:09		Ulrica Stander	Cape Town	17 Sep
100 km	2:26:51		Priscilla Welch (GBR) 1987		
	9:42:24		Rowen Gloyne	Cape Town	22 Jul
	7:00:27		Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>					
10 km	38:43		Judy Bird	Cape Town	02 Apr
15 km	34:44		Tatyana Pozdniakova (UKR) 2005		
	64:28		Elmarie Coetzee	Constantia	11 Mar
21.1 km	54:33		Shirley Matson (USA) 1991		
	92:01		Christine Claasen	Port Elizabeth	13 May
25 km	76:07		Tatyana Pozdniakova (UKR) 2006		
	2:05:56A		Roshini Natasen	Pinetown	29 Jan
	2:07:29		Ansa Strydom	Pretoria	06 May
30 km	2:16:59		Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52		Jane Mudau	Durban	09 Apr
	2:31:05		Tatyana Pozdniakova (UKR) 2005		
100 km	14:27:46		Cynthia Jooste	Cape Town	22 Jul
<u>Grandmasters (60+)</u>					
10 km	42:08		Margie Saunders	Port Elizabeth	19 Aug
15 km	38:56		Lidia Zentner (GER) 2015		
	66:11		Margie Saunders	Port Elizabeth	25 Mar
21.1 km	61:25		Kathryn Martin (USA) 2011		
	93:02		Nancy Will	Port Elizabeth	24 Jun
25 km	84:56		Bernadine Portenski (NZL) 2010		
	2:16:25		Val Watson	Pretoria	06 May

30 km	1:58:24	Gloria Brown (USA) 1994		
	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:26:99	Nancy Will	Durban	09 Apr
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:37	Annetjie Greyvenstein	Pretoria	19 Aug
	72:52	Jo Klein (NED) 2004		
21.1 km	1:55:21	Veronica van Niekerk	Wellington	01 May
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:28:29	Veronica van Niekerk	Cape Town	17 Sep
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:23	Nicole Louw	Pietermaritzburg	20 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	63:04	Razaan Kamaldien	Eersterivier	08 Jul
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Kevin & Sonia Harlock, Pieter de Jager, Karen Zimmerman, Jacky McClean (Newsport Media), Steve Jackson

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



FNB
First National Bank

RUN YOUR CITY SERIES

