

# Distance Running Results

Vol. 17, No. 45 – 13 November 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

Stephen Mokoka scored his fourth win in the Shanghai International Marathon yesterday (he also won in 2013, 2014 and 2016), winning in 2:08:35 -- a list leader. In the women's race, Roza Dereje Bekele successfully defended her 2016 title and set a personal best. In second place, Lydia Cheromei set a world best for women over 40 (Cheromei served a two-year doping suspension for Clomiphene from 20 May 2005 through 19 May 2007).

Another South African, Letitia Saayman, clocked a PB 1:15:14 for fourth in the Markel Richmond Half Marathon in the capital of Virginia, USA.

Defending champion Michelle Dreyer could not retain her title in the 40th BlueBoost Winelands Marathon this weekend, with Lee-Shay Willemsse beating her by 61 seconds in 3:15:45. In the accompanying half marathon, run for the 21st time, Zimbabwean Fortunate Chidzivo's defence of her title was more successful as she won again in 1:19:55, more than a minute faster than in 2016 and less than a week after also winning the Landmarks Half Marathon. Veteran Ulrica Stander, who won the half marathon in both 2011 and 2012 (the latter in a course record of 1:19:20), was second less than a minute behind.

Two list leaders were set, by great grandmaster Veronica van Niekerk in the marathon (4:26:29) and by junior Cana Peek in the half marathon (1:23:26). There were three 50+ runners in the top twelve in the marathon: Maretha de Kock (7th, 3:28:41), Angelique Rabie (8th, 3:30:03) and Marie Louw (12th, 3:34:55).

The finisher figures for the Old Mutual Soweto Marathon have been amended to 5956 men + 1544 women = 7500 total.

Riël Hauman

---

### INCLUDED IN THIS ISSUE:

- \* Greater Edendale 10 km, Pietermaritzburg
- \* BlueBoost Winelands Marathon & Half Marathon, Stellenbosch
- \* Super Spar Bela Bela Marathon, Half Marathon & Women's 10 km, Bela Bela

### International highlights:

- \* 2017 Toray Cup - Shanghai International Marathon, Shanghai, CHN
- \* Saitama International Marathon, Saitama, JPN
- \* Vodafone Istanbul Marathon, Istanbul, TUR

- \* Monterey Bay Half Marathon, Monterey, USA
  - \* Anthem Richmond Marathon & Markel Richmond Half Marathon, Richmond, USA
  - \* EDP Maratona do Porto, Porto, POR
  - \* EQT Pittsburgh 10 Miler, Pittsburgh, USA
  - \* Leeds Abbey Dash 10 km, Leeds, GBR
  - \* Taulé Morlaix 10 km & Half Marathon, Morlaix, FRA
  - \* XC: Cross de Atapuerca, Atapuerca, ESP; South Central Region, College Station, USA;  
Southeast Region, Charlottesville, USA
  - \* Tunnel Hill 100 Mile, Vienna, USA
- 

## ROAD RUNNING

### Greater Edendale 10 km (11<sup>th</sup>)

Pietermaritzburg, 12 November

(Loop course. Finishers: 741 [up from 684 last year].)

Note: Repeat victories here for Siphon Mbanjwa and Jenet Mbhele. Very few athletes had their clubs indicated in the results, so all clubs are omitted. The times were indicated in thousandths of a second and rounded up by DRR according to the rules. -- Ed.

#### MEN

1	Siphon	Mbanjwa	32:01
2	Silindile	Gubese	32:07
3	Anele	Dlamini	32:51
4	Leratsa	Matekase	33:08
5	Msawenkosi	Mthlane	33:29

#### Veterans:

1	Zwe	Ndawonde	38:35
2	A.N. Other		39:07
3	Conrad	Chemane	39:34

#### Masters:

2	Sibusiso	Nylobo	44:44
3	Jerome	Nene	44:46
4	A.N. Other		45:49

#### G'masters:

1	Adam	Hassan	52:18
2	Les	Burnard	52:47
3	Khangelani	Thusi	55:14

#### Juniors:

1	Siphosethu	Mabele	36:24
2	Lucky Ayanda	Dlamini	37:53
3	Phumlani	Dlamini	38:12

#### WOMEN

1	Jenet	Mbhele	37:19
2	Thobile	Mkhize	40:19
3	Makhosi	Mhlongo	40:37
4	Mkhize	Bathole	42:14
5	Nokukhanya	Memela	44:30

#### Veterans:

1	A.N. Other		48:06
3	Tholakele	Ngcobo	53:03
3	Duduza	Gqio	58:49

**Masters:**

1	Ntombifikile	Mtungwa	54:15
2	Debbie	Kruger	54:34
3	Dolly	Bhengu	57:35

**G'masters:**

1	Pat	Fisher	1:01:20
2	Sandy	Govender	1:04:35
3	A.N. Other		1:09:35

**Juniors:**

1	Sukhile	Gumisa	47:39
2	Margie	Padayaehee	53:26
3	Nonkululeko	Mkize	1:19:50

**BlueBoost Winelands Marathon (40th) & Half Marathon (21st)**

Stellenbosch, 11 November

(Distances: 42.195 km & 21.1 km. Certified, hilly loop courses with approx. 4 km on gravel.

Weather: Cool early on, warmer later. Finishers: marathon – 1143 men + 531 women = 1674 total [down from 1771 last year]; half marathon – 1053 men + 1187 women = 2240 total [considerably up from 1558 last year].)

**Marathon****MEN**

1	Ben	Matiso	30	Itheko AC	2:29:17	R3000
2	Lindikhaya	Mthangayi	38	In Touch AC	2:30:13	R2500
3	Siyabonga	Sakwe	36	Nedbank RC	2:32:14	R2000
4	Siya	Mqambeli	35	AAC	2:36:15	R1500
5	Willem	Maphanga	31	Arcadia RC	2:36:23	R1000
6	Jimmy	Bonjesi	26	MAW/Whalers	2:36:23	
7	Madala	Siyabonga	31	Guguletu AC	2:36:58	
8	Simphiwe	Vellem	49	Guguletu AC	2:37:33	
9	Franck	Van der Westhuyzen	29		2:37:55	
10	Sicelo	Bangi	26	Guguletu AC	2:39:16	
11	Blessing	Makanga	26		2:41:03	
12	Tawandala	Ghamusa	38	Guguletu AC	2:44:04	
13	Bonisile	Ngculana	41	VOB	2:44:23	
14	Maxwell	Godloza	57	Atlantic AC	2:45:32	
15	Lehlohonolo	Nyombane	27	Nedbank RC	2:45:54	
16	Sicelo	Bangi	31	Guguletu AC	2:50:04	
17	Quinton	Prince	44	Metropolitan AC	2:50:47	
18	Tawanda	Chomuzinda	26		2:50:54	
19	Richard	Flint	33	VOB AC	2:51:58	
20	Oscar	Coetsee	34	Itheko AC	2:52:41	

**Veterans:**

1	Bonisile	Ngculana	41	VOB	2:44:23	R1500
2	Quinton	Prince	44	Metropolitan AC	2:50:47	R1200
3	Sihle	Mapukata	41	Nedbank RC	2:53:48	R1000

**Masters:**

1	John	September	51	Itheko AC	2:59:24	R1000
2	Johnny	Persents	52	Wild Runner AC	3:00:04	R750
3	Timothy	Hess	54	Eersterivier AC	3:00:32	R500

**G'masters:**

1	Thomas	Moses	60	Worcester AC	3:27:31	R500
2	Allan	Ryninks	60	Wild Runner AC	3:28:53	R400
3	Arthur	Valasis	66	Modern Athlete CGA	3:58:07	R300

**G/g'masters:**

1	Lawrence	Ashworth	71	Strand AC	4:54:16	R300
2	Jim	Scott	74	Fish Hoek AC	4:59:26	R250
3	Gordon	Amann	76	RWFL	5:25:20	R200

**WOMEN (Same prize money as men)**

1	Lee-Shay	Willemse	24	Velocity AC	3:15:45	
2	Michelle	Dreyer	39	KPMG	3:16:46	
3	Linda	Kinloch-Smith	40	Bellville AC	3:20:05	
4	Lisa	Pringle	27	Atlantic AC	3:21:57	
5	Ursula	Frans	48	Nedbank RC	3:22:30	
6	Tumisho	Mabasa	27		3:25:20	
7	Maretha	De Kock	57	Bellville AC	3:28:41	
8	Angelique	Rabie	51	Carbineers	3:30:03	
9	Maritsa	Kotze	35	Bellville AC	3:31:21	
10	Phatiswa	Dyalvane	32	Nedbank RC	3:32:41	
11	Kerryn	Delpport	32	Celtic Harriers	3:32:45	
12	Marie	Louw	51	Century City AC	3:34:55	
13	Elme	Middlemost	39	Brackenfell AC	3:37:02	
14	Bernice	Van Zyl	28	Nedbank RC	3:37:30	
15	Rochelle	Caie	36	Edgemead RC	3:38:41	
16	Jana	Van Houwelingen	29	Atlantic AC	3:39:07	
17	Liana	Maree	40	Stellenbosch AC	3:40:26	
18	Anna	Olivier	39	Montagu AC	3:40:49	
19	Stella	Kuhn Von Burgsdorff	26		3:40:52	
20	Emma	Windfeld	26		3:41:06	

**Veterans:**

1	Linda	Kinloch-Smith	40	Bellville AC	3:20:05	
2	Ursula	Frans	48	Nedbank RC	3:22:30	
3	Liana	Maree	40	Stellenbosch AC	3:40:26	

**Masters:**

1	Maretha	De Kock	57	Bellville AC	3:28:41	
2	Angelique	Rabie	51	Carbineers	3:30:03	
3	Marie	Louw	51	Century City AC	3:34:55	

**G'masters:**

1	Hester	Kotze	69	Durbanville AC	3:57:34	
2	Annelie	Mader-Van der Linde	64	Durbanville AC	4:16:44	
3	Caroline	Sands	61	Houtbay Harriers AC	4:28:52	

**G/g'masters:**

1	Veronica	Van Niekerk	72	Elgin Grabouw AC	4:26:29	
---	----------	-------------	----	------------------	---------	--

**Half marathon****MEN**

1	Vuyolwethu	Mbukushe	26	Guguletu AC	1:07:43	R2000
2	Mthandazo	Qhina	40	Nedbank RC	1:07:48	R1500
3	Admire	Rushika	26	ZIM/VOB	1:08:25	R1000
4	Barry-John	Pienaar	29	Sanlam AC	1:09:19	R750
5	Vakalisa	Kopolo	40	Nedbank RC	1:10:08	R500
6	Tsungai	Mwanengeni	43	ZIM/Guguletu AC	1:10:17	
7	Colin	Makatees	24	Namaqua AC	1:12:56	
8	Derek	Baartman	27	CS Boland	1:13:23	
9	Shawn	Abrahams	47	Kuilsrivier AC	1:13:29	
10	Maliviwe	Mbixane	28	Guguletu AC	1:13:51	
11	Sityhilo	Diko	26	Nedbank RC	1:15:19	
12	Envor	Rhodas	24	MSA	1:16:51	
13	AJ	Adriaanse	33	Eerste River AC	1:17:19	

14	Dennis	Muokwa	26		1:17:21
15	Mervin	Steenkamp	29	Itheko AC	1:17:49
16	Stephen	Motau	51	Itheko AC	1:19:26
17	Bonakele	Ntshangase	37	Nedbank RC	1:19:26
18	Xolani	Ziqwayi	40	VOB	1:19:48
19	Thembekile	Kebeni	27	Khayelitsha AC	1:20:44
20	Tjaart	Van der Walt	39	Atlantic AC	1:20:44

**Veterans:**

1	Mthandazo	Qhina	40	Nedbank RC	1:07:48	R1250
2	Vakalisa	Kopolo	40	Nedbank RC	1:10:08	R1000
3	Tsungai	Mwanengeni	43	ZIM/Guguletu AC	1:10:17	R750

**Masters:**

1	Stephen	Motau	51	Itheko AC	1:19:26	R700
2	Monde	Tutani	55	Guguletu AC	1:25:08	R400
3	Friedl	Van der Merwe	57	Nedbank RC	1:27:14	R300

**G'masters:**

1	Robbie	Lindsay	62	Nedbank RC	1:29:27	R400
2	Mark	Wagenheim	61	Atlantic AC	1:35:18	R300
3	Hennie	Wentzel	68	Durbanville AC	1:35:31	R200

**G/g'masters:**

1	Roelof	Van Weele	74	Whalers AC	1:56:13	R250
2	Les	Hanna	70	Whalers AC	1:58:18	R150
3	Henk	Bos	26	Montagu AC	2:02:40	R100

**Juniors:**

1	Michael	Mackintosh	19	Fish Hoek AC	1:22:12	R250
2	Cameron	Mackintosh	19	Fish Hoek AC	1:26:46	R150
3	Doneitho	Cloete	18	Helderberg Harriers	1:27:13	R100

**WOMEN (Same prize money as men)**

1	Fortunate	Chidzivo	26	ZIM	1:19:55
2	Ulrica	Stander	43	KPMG	1:20:46
3	Cana	Peek	19	Collegians Harriers	1:23:26
4	Bulelwa	Simae	40	Nedbank RC	1:27:14
5	Kelsey	Nel	20		1:27:54
6	Marisha	Eygelaar	28	West Coast AC	1:29:41
7	Brenna	Coupland	26		1:29:48
8	Nolubabalo	Dyonase	22	VOB	1:31:13
9	Natalie	Beckenstrater	35	West Coast AC	1:31:43
10	Ester	Brink	52	Carbineers	1:31:54
11	Emily	Cupito	26	USA	1:32:26
12	Tracy	Forbes	45	VOB	1:34:01
13	Christelle	Hattingh	34	MSM AC	1:35:00
14	Mariëtte	Strauss	55	Tygerberg AC	1:35:01
15	Somari	Goussard	39		1:35:28
16	Rianda	Gilliland	33	Atlantic AC	1:35:36
17	Busisiwe	Matiwane	42	Nedbank RC	1:36:07
18	Marlize	Van Schaik	41	Durbanville AC	1:36:12
19	Jacky	Misroll	48	Pinelands AC	1:36:13
20	Jenny	Close	26		1:36:20

**Veterans:**

1	Ulrica	Stander	43	KPMG	1:20:46
2	Bulelwa	Simae	40	Nedbank RC	1:27:14
3	Tracy	Forbes	45	VOB	1:34:01

**Masters:**

1	Ester	Brink	52	Natal Carbineers AC	1:31:54
---	-------	-------	----	---------------------	---------

2	Mariëtte	Strauss	55	Tygerberg AC	1:35:01
3	Marie	Human	54		1:37:27
<b>G'masters:</b>					
1	Nancy	Will	65	Pinelands AC	1:39:00
2	Bev	Charters	60	VOB	1:41:46
3	Sonia	Smith	60	Celtic Harriers	1:52:57
<b>G/g'masters:</b>					
1	Pixie	Sparg	73	Celtic Harriers	2:04:43
2	Marlene	James	73	Pinelands AC	2:17:38
3	Wilbe	Fourie	73	Strand AC	2:29:28
<b>Juniors:</b>					
1	Cana	Peek	19	Collegians Harriers	1:23:26
2	Tanya	Deacon	18	Strand AC	2:00:18
3	Kayla	Clayton	26	Mitchells Plain Titans	2:13:58

### **Super Spar Bela Bela Marathon, Half Marathon & Women's 10 km**

Bela Bela (Warmbaths), 11 November

(Distances: 42.195 km, 21.1 km & 10 km. Out-and-back courses. Finishers: marathon -- 345 [five less than last year's 350]; half marathon -- 270 [up from 235]; 10 km -- 200 [down from 260].)

#### **Marathon**

MEN

1 Thulani Duma (Nedbank) 2:36:59; 2 Musa Sibiyi (ACRW) 2:37:32; 3 Denus Nchabeleni (Vodacom) 2:46:03; 4 Moselakwe Matshailwe (Sibidelo) 2:46:51; 5 Tedi Forotiya (Polokwane) 2:49:23.

**Veterans:** 1 Shadrack Hoff (Maxed Elite) 2:54:55. **Masters:** 1 Lazarus Seroka (Pietersburg) 3:02:47. **G'masters:** 1 Jan Ngoako (Eskom) 3:40:50. **G/g'masters:** 1 Johannes Moshela (Polokwane) 3:49:16.

WOMEN

1 Lorraine Boshoff (VTM) 3:30:51 (1st vet); 2 Lindiwe Mthombeni (Sasol) 3:41:45; 3 Isel Barnard (Temp) 3:44:29; 4 Julie Shadwell (Vitality) 3:47:51; 5 Ella Damiyawo (Bela Bela) 3:47:58.

**Veterans:** 1 Lorraine Boshoff (VTM) 3:30:51. **Masters:** 1 Julie Shadwell (Vitality) 3:47:51. **G'masters:** 1 Petra Myburgh (Striders) 4:59:32.

#### **Half marathon**

MEN

1 Tebogo Pulusa (Dwarsrivier) 72:58; 2 Emmanuel Ramohlale (Pietersburg) 75:18; 3 Elliot Makgoba (Monaco) 75:54.

**Veterans:** 1 Frans Ramaila (UL) 1:42:23. **Masters:** 1 Kobus Fouchee (Pta Bobbies) 98:35. **G'masters:** 1 Willie Pieters (Loskop) 1:55:34. **G/g'masters:** 1 Louwtjie van Tonder (Loskop) 2:22:59. **Juniors:** 1 Jankie Sehlapelo (UL) 78:02.

WOMEN

1 Salome Cooper (Born 2 Run) 92:15; 2 Belinda Marais (Pirates) 1:42:36; 3 Bronwyn Sephton-Poultney (RAC) 1:43:22.

**Veterans:** 1 Salome Cooper (Born 2 Run) 92:15. **Masters:** 1 Elsabe van Heerden (Loskop) 1:49:41. **G'masters:** 1 Elize Kempen (Arcelor Mittal) 2:14:09.

**10 km**

1 Michelle Redelinghuys (Tuks) 40:20; 2 Nicole Redelinghuys (Tuks) 42:41; 3 Ronel Thomas (Boxer) 42:47 (1st vet).

**Veterans:** 1 Ronel Thomas (Boxer) 42:47. **Masters:** 1 Mirriam Gafane (UL) 57:34.

**G'masters:** 1 Adel Matotoka (UL) 65:34. **G/g'masters:** 1 Wendy Muir (Phobians) 1:56:47. **Juniors:** 1 Mira Kaffka (ACRW) 46:23.

---

**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****2017 Toray Cup - Shanghai International Marathon** (18th)

(IAAF Gold Label Road Race)

Shanghai, CHN, 12 November

(Distance: 42.195 km. AIMS/IAAF certified course)

## MEN (gun times)

- |                               |            |            |
|-------------------------------|------------|------------|
| 1. Stephen Mokoka, <b>RSA</b> | 2:08:35    | USD 45,000 |
| 2. Ernest Kiprono Ngeno, KEN  | 2:08:38    | 20,000     |
| 3. Asbel Kipsang, KEN         | 2:09:02    | 12,000     |
| 4. Edwin Kangogo Kimaiyo, KEN | 2:09:12 PB | 6,000      |
| 5. Wale Alebachew Debas, ETH  | 2:09:40 PB | 5,000      |

## WOMEN (gun times) -

- |                              |            |               |
|------------------------------|------------|---------------|
| 1. Roza Dereje Bekele, ETH   | 2:22:43 PB | USD 45,000    |
| 2. Lydia Cheromei, 1977, KEN | 2:23:31 WB | W4044* 20,000 |
| 3. Hirut Tibebe Damte, ETH   | 2:23:35 PB | 12,000        |
| 4. Gulume Tollesa Chala, ETH | 2:23:59    | 6,000         |
| 5. Margaret Agai, KEN        | 2:25:29    | 5,000         |

\*) World best, women 40-44; previous 2:24:54, Irina Mikitenko (GER), Berlin, 29-Sep-2013

**Saitama International Marathon** (3rd)

(IAAF Silver Label Road Race)

Saitama, JPN, 12 November

(Distance: 42.195 km. Certified loop course with negligible start/finish separation; course slightly changed from last year to make it flatter)

## OPEN MEN (gun times)

1. Yuki Kawauchi, JPN, 2:15:54 CR

## ELITE WOMEN (gun times)

1. Flomena Cheyech Daniel, KEN, 2:28:39
2. Shitaye Habtegebrel, BRN, 2:28:42
3. Bekelech Daba, ETH, 2:30:06
4. Charlotte Purdue, GBR, 2:30:34
5. Reia Iwade, JPN, 2:31:11

**Vodafone Istanbul Marathon** (39th)

(IAAF Gold Label Road Race)

Istanbul, TUR, 12 November

(Distance: 42.195 km. Point-to-point coastal course with about 20 m elevation loss.)

MEN (gun times)

- |                           |         |
|---------------------------|---------|
| 1. Abraham Kiprotich, FRA | 2:11:22 |
| 2. Jacob Kendagor, KEN    | 2:11:27 |
| 3. Worku Bazu, ETH        | 2:11:39 |

WOMEN (gun times)

- |                                      |         |                       |
|--------------------------------------|---------|-----------------------|
| 1. Ruth Chepngetich, KEN             | 2:22:36 | DB/CR*/ACR USD 90,000 |
| 2. Visiline Jepkesho, KEN            | 2:22:40 | 65,000                |
| 3. Letebrhan Haylay Gebreslasea, ETH | 2:25:14 |                       |
| 4. Mulu Seboka, ETH                  | 2:29:55 |                       |

**Monterey Bay Half Marathon** (15th)

Monterey, USA, 12 November

(Distance: 21.1 km. Out-and-back course. Elite women had 9:05-minute head start.)

MEN (gun times)

- |   |         |                |
|---|---------|----------------|
| 1. Daniel Tapia, 31, Mammoth Lakes, CA      | 1:03:36 | \$4000 + 3000e |
| 2. Futsum Zienasellassie, 24, Flagstaff, AZ | 1:04:02 | DB 2500 + 500e |
| 3. Sid Vaughn Jr., 23, Boulder, CO          | 1:04:03 | DB 2000        |

WOMEN (gun times)

- |  |         |                   |
|--|---------|-------------------|
| 1. Monicah Ngige, 24, Lansing, MI (KEN)      | 1:12:55 | DB \$4000 + 1500e |
| 2. Natasha Wodak, 35, N. Vancouver, ON (CAN) | 1:13:19 | 2500              |
| 3. Sarah Pagano, 26, Brighton, MA            | 1:13:28 | 2000              |

e) Earned equalizer bonus for being one of the top-3 athletes across the finish line

**Anthem Richmond Marathon** (40th) & **Markel Richmond Half Marathon** (10th)

Richmond, USA, 11 November

(Distances: 42.195 km, with mild 0.7 m/km elevation loss and 1.3% start/finish separation [record quality course] &amp; 21.1 km, out-and-back course with negligible start/finish separation)

**Marathon** (gun times)

MEN

- |                           |         |        |
|---------------------------|---------|--------|
| 1. Julius Koskei, 35, KEN | 2:19:44 | \$2500 |
|---------------------------|---------|--------|

WOMEN

- |   |         |           |
|---|---------|-----------|
| 1. Bethany Sachtleben, 25, Alexandria, VA | 2:39:00 | DB \$2500 |
|---|---------|-----------|

**Half Marathon** (gun times)

MEN

- |                                       |         |           |
|---------------------------------------|---------|-----------|
| 1. Benard Ngeno, 21, KEN              | 1:03:41 | PB \$1000 |
| 2. Joshua Izewski, 27, Doylestown, PA | 1:03:42 | DB 500    |
| 3. Nicholas Kipkemboi, 31, KEN        | 1:04:06 | 250       |

WOMEN

- |  |         |           |
|--|---------|-----------|
| 1. Firegenet Mandefiro, 24, ETH            | 1:14:05 | PB \$1000 |
| 2. Nicole DiMercurio, 26, Blowing Rock, NC | 1:14:11 | PB 500    |
| 3. Gadise Megersa, 25, ETH                 | 1:14:50 | PB 250    |



- |                              |            |     |
|------------------------------|------------|-----|
| 4. Letitia Saayman, 25, RSA  | 1:15:14 PB | 150 |
| 5. Margaret Wanjiru, 25, KEN | 1:16:14    | 100 |

### **EDP Maratona do Porto** (14th)

Porto, POR, 5 November

(Distance: 42.195 km with 40 m elevation loss [start at 68 m and finish at 28 m]; interestingly, the second half is all uphill)

Note: Monica Jepkoech finished 11th overall in a new personal best and course record of 2:26:58, breaking her previous best from 2015 by 28 seconds. --Ed.

MEN (gun times)

1. Jackson Limo (KEN) 2:11:34
2. Daniel Pinheiro (POR) 2:17:57
3. Okubay Tsegay (ERI) 2:19:06

WOMEN (gun times)

1. Monica Jepkoech (KEN) 2:26:58 PB/CR\*
2. Salome Rocha (POR) 2:31:01

### **EQT Pittsburgh 10 Miler** (5th)

[Professional Road Running Organization (PRRO) Championships Race]

Pittsburgh, USA, 5 November

(Distance: 10 miles; certified near-loop course with negligible start/finish separation)

Note: Buze Diriba won the women's race for the third consecutive time and scored the PRRO Super Bonus of \$10 000 for winning here and being a past PRRO Circuit (2016-17) event winner. --Ed.

MEN (gun times)

- |  |       |        |
|--|-------|--------|
| 1. Panuel Mkungu, KEN                  | 47:03 | \$6500 |
| 2. Silas Kipruto, KEN                  | 47:13 | 4000   |
| 3. Elkanah Kibet, Colorado Springs, CO | 47:15 | 2500   |

WOMEN (gun times) -

- |                           |          |           |
|---------------------------|----------|-----------|
| 1. Buze Diriba, ETH       | 52:12    | \$14,000# |
| 2. Goytom Gebreslase, ETH | 52:16 PB | 2,500     |
| 3. Monica Ngige, KEN      | 53:36    | 1,500     |

#) Includes PRRO Super Bonus

### **Leeds Abbey Dash 10 km** (33rd)

Leeds, GBR, 5 November

(Flat course)

Note: In the women's competition, Eilish McColgan successfully defended her title and broke the course record. --Ed.

MEN (gun times)

1. Sam Stabler, Wreake & Soar Valley, 29:13
2. Paul Pollock, Kent AC (IRL), 29:20
3. Ben Connor, Derby Athletic Club, 29:20

## WOMEN (gun times)

1. Eilish McColgan, Dundee Hawkhill, 32:05 CR\*
2. Emma Mitchell, Belfast AC, 32:51 PB
3. Ashley Gibson, Tonbridge AC, 33:30 PB

**Taulé Morlaix 10 km & Half Marathon** (45th)

Morlaix, FRA, 5 November

(Distances: 10 km and 21.1 km)

**10 km** (gun times)

## MEN

1. Paul Melly, KEN 28:28
2. Stephen Ogari, KEN 28:30
3. Ezechiel Nizigiyimana, BDI 28:47

## WOMEN

1. Mercyline Jeronoh, KEN 32:46
2. Woldu Mekdes, ERI 32:59
3. Francine Niyonizigiye, BDI 33:36

**Half Marathon** (gun times)

## MEN

1. Getinet Mele Gedamu, ETH 1:04:52
2. Dieudonne Nsengiyunva, BDI 1:04:54
3. Felicien Muhitira, RWA 1:04:56

## WOMEN

1. Chaltu Dida Negasa, ETH 1:13:23
2. Lucie Machara, KEN 1:13:31
3. Daria Mykhailova, UKR 1:13:42

**CROSS-COUNTRY****Cross de Atapuerca** (14th)

(IAAF Cross Country Permit Meeting)

Atapuerca (Burgos), ESP, 12 November

## MEN (9000 m)

1. Getaneh Tamire Molla, 1994, ETH, 24:45
2. Jacob Kiplimo, 2000, UGA, 24:46
3. Aron Kifle, 1998, ERI, 24:54
4. Ayalew Aweke, 1993, BRN, 25:02
5. Imane Merge, 1988, ETH, 25:07

## WOMEN (8000 m)

1. Senbere Teferi, 1995, ETH 25:21
2. Margaret Chelimo Kipkemboi, 1993, KEN, 25:21
3. Alice Aprot Nawowuna, 1994, KEN, 25:37
4. Trihas Gebre, 1990, ESP, 25:50
5. Fionnuala McCormack, 1994, IRL, 26:13
6. Steph Twell, 1989, GBR, 26:21

## NCAA DIVISION I REGIONAL CHAMPIONSHIPS

**South Central Region**

College Station, USA, 10 November

## MEN (10 km)

Teams: 1. Arkansas, 59 points; 2. Texas, 73; 3. Texas A&amp;M, 98 ...

## Individual finishers:

1. Emmanuel ROTICH (KEN), JR, Tulane, 29:49.1
2. Brian BARRAZA, SR, Houston, 29:51.5
3. Alex ROGERS, JR, Texas, 30:03.1
4. Jon BISHOP, SO, Texas A&M, 30:03.8
5. Jack BRUCE (AUS), SR, Arkansas, 30:04.8

## WOMEN (6 km)

Teams: 1. Arkansas, 35 points; 2. Texas, 93; 3. Baylor, 116 ...

## Individual finishers:

1. Nikki HILTZ, SR, Arkansas, 19:35.5
2. Carina VILJOEN (RSA), SO, Arkansas, 19:36.0
3. Anna WEST, SO, Baylor, 19:40.0
4. Lindsey BRADLEY, JR, Baylor, 19:42.3
5. Michaela HACKETT, SR, Abilene Christian, 19:47.6

**Southeast Region**

Charlottesville, USA, 10 November

## MEN (10 km)

Teams: 1. Furman University, 55 points; 2. Virginia Tech, 109; 3. Virginia, 130 ...

## Individual Finishers:

1. Lawrence KIPKOECH (KEN), JR, Campbell, 28:45.3
2. Amon KEMBOI (KEN), FR, Campbell, 28:53.8
3. Azaria KIRWA (KEN), JR, Liberty, 28:57.0
4. Nadeel WILDSCHUTT (RSA), FR, Coastal Carolina, 29:03.4
5. Aaron TEMPLETON, JR, Furman, 29:05.4

## WOMEN (6 km)

Teams: 1. NC State, 68 points; 2. Furman University, 83; 3. Eastern Kentucky, 136 ...

## Individual finishers:

1. Caroline SANG (KEN), JR, Charlotte, 20:05.8
2. Allie BUCHALSKI, SR, Furman, 20:10.4
3. Charlotte IMER (AUS), SR, Eastern Kentucky, 20:15.1
4. Dorcas WASIKE (KEN), SO, Louisville, 20:22.3
5. Dominique CLAIRMONTE, FR, NC State, 20:23.3

## ULTRA/TRAIL/MOUNTAIN RUNNING

### Tunnel Hill 100 Mile

Vienna, USA, 11 November

(Distance: 100 miles. Certified, record-eligible, multi-loop course with no net elevation change and no start/finish separation)

Note: A world best time for USA woman Camille Herron, shattering the previous best by over an hour. --Ed.

OVERALL (gun times)

1. Camille Herron (F), 12:42:39 WB  
[50 mile split of 6:07:53]
2. Mike Bialick (M), 13:02:43
3. Clint George (M), 15:35:26

## STATS

### SUB-3 HOURS IN FIVE DECADES

Running a sub-3 hour marathon in five decades is no mean feat. The Association of Road Racing Statisticians (ARRS) website has a list of athletes who have achieved this and it makes for fascinating reading.

From a South African perspective the interesting aspect is the presence of Vladimir Kotov (b. 21 Feb 58) on the list. Although not a South African citizen, he has a local residence permit and has run here for many years. Kotov was fourth in the 1980 Olympic Marathon in 2:12:05 and still holds the Western Province masters records in all four standard distances -- 10 km with 31:47, 15 km with 48:59, 21.1 km with 69:38 and marathon with 2:30:24.

Here is a list showing the fastest marathon he ran in each of the five decades:

13 Feb <b>2011</b>	2:30:24	George RSA	SA Marathon
25 Jan <b>2004</b>	2:22:02	Khon Kaen THA	Khon Kaen International
09 Oct <b>1994</b>	2:11:43	Eindhoven NED	Eindhoven
24 May <b>1980</b>	2:10:58	Moscow RUS	Olympic Trials
29 Jul <b>1979</b>	2:13:26	Moscow RUS	Open Spartakiada

Other well-known athletes on the list are Don Ritchie, Barry Magee and Joan Benoit Samuelson. The link to the list is: [http://www.arrs.net/TR\\_5Decades.htm](http://www.arrs.net/TR_5Decades.htm).

Does any DRR reader know of South African runners who have achieved a sub-3 hour marathon in each of five decades?

## STATS TIME

This week we include a list of the top eleven SA men in the 10 km 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 10 KM: TOP 11 MEN

28:18	Elroy Gelant	1	Bellville	03 Jun
28:22	Stephen Lesego Mokoka	3	Manchester	28 May
28:35	Mokoka-2	4	Durban	08 Oct
28:48	Mbongeni Ngxazozo	2	Port Elizabeth	22 Apr

28:51	Lesiba Precious Mashele	1	Cape Town	08 Oct
29:01	Melikhaya Frans	4	Port Elizabeth	22 Apr
29:01	Gladwin Sibabalwe Mzazi	3	Port Elizabeth	22 Apr
29:08	Gelant-2	1	Nelspruit	04 Nov
29:12	Gelant-3	5	Durban	08 Oct
29:13	Thabang Mosiako	1	Gaborone	07 May
29:24	David Manja	4	Nelspruit	04 Nov
29:27	Ashley Smith	3	Cape Town	08 Oct
29:32	Joel Mmone	6	Durban	08 Oct
29:32	Nadeel Wildschutt	1	Cape Town	01 Mar

### THIS MONTH IN HISTORY

#### 13 years ago (exactly): 13 November 2004

The Winelands Marathon, one of South Africa's oldest marathons, has always been run in November since the first one in 1978, but on 13 November only once. On this day Sihle Mapukata won his second title in a row when he finished first in 2:26:14, thus becoming the fifth male to win in successive years (only one has done so since). In the women's race DRR subscriber Elske Schabort won by more than nine minutes in 2:59:39, her best time on a standard course. (DRR's editor finished his 27th consecutive Winelands, around 1 hour 40 min behind Schabort.) The marathon was held for the 40th time this weekend.

### 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.

#### MEN

##### Open

10 km	28:18	Elroy Gelant	Bellville	03 Jun	
	27:10	Benard Kimeli (KEN)			
15 km	26:44	Leonard Patrick Komon (KEN) 2010		19 Aug	
	44:47	Gladwin Mzazi	Pretoria		
	42:00	Matthew Kimeli Kipkorir (KEN)			
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Jun	
	61:21	Stephen Mokoka	Port Elizabeth		
	58:40	Abraham Cheroben (KEN)			
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan	
	81:36A	Sipho Mbanjwa	Pinetown		
	85:37	Kagiso Motyale	Brits		07 Oct
	74:27	Dathan Ritzenhain (USA)			
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar	
	90:54	Melikhaya Frans	Uitenhage		
	90:17	Yuichiro Ueno (JPN)			
	87:13**	Eliud Kipchoge (KEN) 2016			
Marathon	87:13**	Stanley Biwott (KEN) 2016		12 Nov	
	2:08:35	Stephen Mokoka	Shanghai		
	2:03:32	Eliud Kipchoge (KEN)			
	2:02:57	Dennis Kimetto (KEN) 2014			
100 km	7:42:28	Simphiwe Vellel	Cape Town	22 Jul	
	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	31:11	Mthandazo Qhina	Goodwood	30 Sep
	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	Somerset East	18 Mar
	98:49	Joseph Ndlovu	Pretoria	06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	11:08:36	Hilton Murray	Cape Town	22 Jul

#### Grandmasters (60+)

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

#### Great grandmasters (70+)

10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:36	Elias Raphulu	Pretoria	08 Apr
	82:23	Ed Whitlock (CAN) 2001		
25 km	1:56:09	Elias Raphulu	Pretoria	06 May

30 km	99:59	Clive Davies (USA) 1985		
	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:37:53	Elias Raphulu	Centurion	01 May
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	14:57:07	Donald Ross-Watt	Cape Town	22 Jul
<u>Juniors</u>				
10 km	30:10	Adrian Wildschutt	Goodwood	30 Sep
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:26	Aphelele Nkonyana	Port Elizabeth	24 Jun
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:22	Dominique Scott-Efurd	Boston	25 June
	29:43	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott-Efurd	Camps Bay	08 Jan
	55:48	Annie Bothma	Eersterivier	08 Jul
	45:37	Joyciline Jepkosgei (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:31	Cornelia Joubert	Port Elizabeth	24 Jun
	64:51	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	84:36	Alphine Tuliamuk (USA)		
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	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	2:36:47	Irvette van Zyl	Cape Town	17 Sep
	2:17:01	Mary Keitany (KEN)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	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
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:36	Charné Bosman	Pretoria	19 Aug
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:02	Bulelwa Simae	Port Elizabeth	24 Jun

	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	1:49:32	Maria Vilakazi	Pretoria	06 May
	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	2:54:09	Ulrica Stander	Cape Town	17 Sep
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	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
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:10A	Elmarie Coetzee	De Rust	14 Oct
	92:01	Christine Claasen	Port Elizabeth	13 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	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
	38:56	Lidia Zentner (GER) 2015		
15 km	66:11	Margie Saunders	Port Elizabeth	25 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	93:02	Nancy Will	Port Elizabeth	24 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:16:25	Val Watson	Pretoria	06 May
	1:58:24	Gloria Brown (USA) 1994		
30 km	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	4:26:29	Veronica van Niekerk	Stellenbosch	11 Nov
	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	83:26	Cana Peek	Stellenbosch	11 Nov	
	1:09:05	Delilah Asiago (KEN) 1991			

---

Contributors to this issue: Kevin & Sonia Harlock, Derrick Chamberlain, FinishTime

---

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](mailto:rielh@mweb.co.za)



**FNB**  
 First National Bank

# RUN YOUR CITY SERIES

