

# Distance Running Results

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

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## EDITORIAL

Two South African female stars scored huge personal bests in the Maratón Valencia Trinidad Alfonso in Spain yesterday. Nolene Conrad was ninth in 2:35:21, breaking her previous PB by more than 12 minutes, while Gerda Steyn finished twelfth in 2:37:22 to better her PB by more than 14 minutes! Great running indeed.

The highlight of the US collegiate cross-country season took place this weekend when the NCAA Division I Championships were held in Louisville, Kentucky. South Africans Nadeel Wildschutt (Coastal Carolina) and Carina Viljoen (Arkansas) finished 28th in 29:52.0 in the men's 10000 m and 48th in 20:20.5 in the women's 6000 m respectively. Wildschutt was not in the team scoring, but Viljoen was; her team finished 13th.

In the NCAA Division II Championships in Evansville two Western Province runners, McMarshall Hartzenberg and Leanda du Bruyn, finished 20th in 31:32.8 and 90th in 22:25.5 respectively.

Two list leaders were set in the Vukani MS 15 km in Port Elizabeth, a race that was marred by marshalling errors last year but went off without a hitch this time. Grandmaster Margie Saunders finished fourth overall to beat her own list leader with 65:46, while great grandmaster Liz Jenkerson clocked 85:19. Race winners were Andile Motwana in 46:48 and Ntombesintu Mfunzi in 56:32 -- the year's third fastest time on a standard course.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Alberton Half Marathon & 10 km, Alberton
- \* 1860 Challenge 10 km, Durban
- \* Webprinter Edgemead Classic 10 km, Edgemead
- \* Vukani MS 15 km, Port Elizabeth
- \* Xerox Lightning Fast 10 km, East London
- \* Bluff Marathon & Half Marathon, Durban
- \* UniWisp 3-in-1 Kaapsehoop Marathon & Half Marathon, Kaapsehoop to Nelspruit

### International highlights:

- \* AirTel Delhi Half Marathon, New Delhi, IND
- \* NN Zevenheuvelenloop 15 km, Nijmegen, NED
- \* Maratón Valencia Trinidad Alfonso, Valencia, ESP

- \* Semi-Marathon de Boulogne-Billancourt, Boulogne-Billancourt, FRA
  - \* Blom Bank Beirut Marathon, Beirut, LIB
  - \* Athens Marathon, Athens, GRE
  - \* Geico Rock 'n' Roll Las Vegas Marathon & Half Marathon, Las Vegas, USA
  - \* Setagaya 246 Half Marathon, Setagaya, Tokyo, JPN
  - \* Hangzhou International Marathon, Hangzhou, CHN
  - \* XC: NCAA Division I & Division II Cross-country Championships, Louisville & Evansville, USA
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## **CORRECTIONS & ADDITIONS: WINELANDS RACES**

There were several errors in the results of the BlueBoost Winelands marathon as received by *Distance Running Results* and published last week.

Shortly after publication DRR learned that the half marathon was short by approx. 500 m because of an unfortunate error early in the race when the runners took a wrong turn. The times in this race can therefore not be used for statistical purposes.

In the men's results of the marathon at least two runners -- Simphiwe Vellem (8th) and Maxwell Godloza (14th) -- do not belong in the top twenty and should be taken out. This means that Sihle Mapukata (the third veteran) moves into 19th with his 2:53:48 and Fundile Dumzele into 20th with 2:54:42. Mapukata was correctly indicated as the third vet in the category results. The top three masters were also correct; Godloza was not included there.

In the women's results Maretha de Kock, shown in seventh with 3:28:41, in reality ran 4:28:41, so should be taken out from the overall results as well as deleted as first master. The correct top three masters were: 1. Angelique Rabie (Carb) 3:30:03; 2. Marie Louw (CC) 3:34:55; 3. Charmian MacFarlane (RAC) 3:49:15.

In the grandmaster results the third athlete was Ruth Leverton (Pine), 4:42:05, not Caroline Sands.

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## **STATS**

### **SUB-3 HOURS IN FIVE DECADES, AND SOME MORE LONGEVITY**

Last week we reported on athletes who have achieved the feat of running sub-3 hour marathons in five decades. So far DRR has found one South African who has done this: Brian Chamberlain, former SA marathon champion (he won the title in both 1976 and 1977).

Chamberlain's sub-3 hour performances in five decades are:

20 August 1967	Jackie Gibson Marathon	2:59:49	6th
16 September 1978	Stellenbosch Marathon	2:15:25	1st
5 July 1980	Transvaal Championships*	2:16:50	1st
20 July 1991	SA Marathon (Durban)	2:28:13	62nd (5th vet)
5 March 2000	SA Marathon (Cape Town)	2:46:46	102nd (2nd master)

\*) Run in Kempton Park.

A wonderful achievement of longevity by Chamberlain (b. 23 Apr 49), one of the best marathon runners produced in this country. His best marathon time is the 2:15:26 that gave him the win in the 1978 Stellenbosch Marathon. He also won the Two Oceans ultramarathon on two occasions, 1977 and 1978 -- becoming only the third runner to score two victories in a row. Among the other major marathons he won are the Golden Reef and Peninsula marathons; he also won the Bergville to Ladysmith ultramarathon.

Another well-known South African who is still trying to run a sub-3 in a fifth decade is TV commentator and sports personality Arnold Geerdts, who has so far done sub-3 in 1979, 1984, 1993 and 2004 and is aiming to do the fifth one next year.

Longevity of another kind was displayed in last weekend's BlueBoost Winelands Marathon when Ian Bocock (like Chamberlain a DRR subscriber) and Willie Dunn both completed a "full house" of forty Winelands Marathons, finishing in 4:59:18 and 5:38:59 respectively.

A magnificent achievement, and it makes one wonder: Are there any other South Africans who have completed forty successive runs in one standard marathon?

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## ROAD RUNNING

### Alberton Half Marathon & 10 km

Alberton, 19 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 500 (down from 630 last year); 10 km – 650 [up from 600].)

Note: Third victory in a row in the half marathon for Thabo Motaung. -- Ed.

#### Half marathon

MEN

1 Thabo Motaung (SCAW) 74:11; 2 Silas Molomo (Sunward) 75:49; 3 Zwelakhe Mkorwana (Anglo) 76:50.

**Veterans:** 1 Zwelakhe Mkorwana (Anglo) 76:50; 2 Isaac Mahlake (Gallopers) 80:38.

**Masters:** 1 Tony Silva (BCC) 82:31; 2 Simon Evans (RRW) 95:10. **G'masters:** 1 Norman Milne (BNAC) 1:51:57. **Juniors:** 1 Jean-Pierre Bekker (Temp) 1:45:05.

WOMEN

1 Tamryn Nicholls (Greenstone Hill) 95:09; 2 Bridgette Elk (Midstream) 99:39; 3 Lizette Perold (Nedbank) 1:41:56.

**Veterans:** 1 Elize Fenwick (Kouga Multi Sport) 1:46:18; 2 Lorraine Kriel (Born 2 Run) 1:58:37. **Masters:** 1 Elayne Ossip (Phobians) 1:54:23; 2 Laura Venter (Nedbank) 1:58:50. **G'masters:** 1 Glynis McBirnie (RWFL) 2:10:15.

#### 10 km

MEN

1 Dylan v.d. Merwe (KPMG) 31:51; 2 Thabo Viti (Marais Viljoen) 33:43 (1st jun); 3 Karel Burger (Boksburg) 33:48.

**Veterans:** 1 Esau Miya (Rockies) 37:55; 2 Grant Morgan (BCC) 39:35. **Masters:** 1 Adriaan Jonker (Jeppe) 41:53; 2 Advocate Thile (Modern Athlete) 42:34. **G'masters:** 1 Andre Jansen (GS) 41:30. **Juniors:** 1 Thabo Viti (Marais Viljoen) 33:43.

WOMEN

1 Makoma Batji (Olifants) 40:58; 2 Rachel Leijdekker (RRW) 41:04; 3 Julie Soicher (Rockies) 42:11 (1st mast).

**Veterans:** 1 Cornea Esterhuizen (Arcelor Mittal) 57:26; 2 Charmaine Lotter (RWFL) 59:29.

**Masters:** 1 Julie Soicher (Rockies) 42:11; 2 Gisela Stegmann (Vitality) 65:32. **G'masters:** 1 Sonja Laxton (RAC) 50:26. **Juniors:** 1 Danielle Rabie (Temp) 56:43.

**1860 Challenge 10 km**

Durban, 19 November

## MEN

1.	Simphiwe Zulu	Hollywood Bets	32:34
2.	Phumalaani Hadebe	Ntunzuma AC	35:07
3.	Mitch Duforq	Get Fit	35:23

**40-49:**

1.	Simphiwe Zulu	Hollywood Bets	32:34
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**50-59:**

1.	Thierry Pletinckx	Toti AC	38:55
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**60+:**

1.	Vernon Anley	DHSOB	46:33
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**Juniors:**

1.	Corbyn Marais	Get Fit	45:42
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## WOMEN

1.	Nolunthula Ntshangase	Savages	39:10
2.	Janene Carey	Boxer AC	41:11
3.	Kholeka Biyela	Nedbank AC	42:25

**40-49:**

1.	Janene Carey	Boxer AC	41:11
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**50-59:**

1.	Roshini Natasen	Highway AC	48:34
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**60+:**

1.	Pat Fisher	Stella AC	57:16
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**Juniors Lady:**

1.	Kholeka Biyela	Nedbank AC	42:25
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**Webprinter Edgemead Classic 10 km (5th)**

Edgemead, 18 November

(Certified flat loop course. Finishers: 1600 [up from 1335 last year].)

## MEN

1.	Rowhaldo Ratz (UWC)	30:48 (1st jun) (R500)
2.	Vuyolwethu Mbukushe (Gugs)	31:23 (R400)
3.	Akhona Makila (VOB)	31:44 (R300)

(All age category prize money except for 70+ was the same: R350, R300, R200.)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:44; 2. Vakalisa Kopolo (Ned) 33:33; 3. Shawn Abrahams (Kuils) 34:50. **Masters:** 1. Steve Motau (Itheke) 36:35; 2. Henry Wolstenholme (Durb) 37:05; 3. Sydney Rustin (SANDF) 39:13. **G'masters:** 1. Mochamat Kriel (Ommie) 40:02; 2. Michael Crozier (Atlantis) 43:40; 3. Vernon Murtz (Pine) 45:50. **G/g'masters:** 1. Ronnie le Roux (Brack) 52:34 (R300); 2. Dave Kennett (VOB) 52:27 (R250); 3. Oloff Crous (Brack) 45:56 (R150). **Juniors:** 1. Rowhaldo Ratz (UWC) 30:48; 2. Thembeke Mendu (Gugs) 32:25; 3. Alantino Belillie (Sanlam) 33:03.

## WOMEN (Same prize money as men)

1.	Zintle Xiniwe (KPMG)	36:51
2.	Vuyiseka Nkumenge (Ned)	36:51 [correct]
3.	Anel Terblanche (KPMG)	37:00

**Veterans:** 1. Linda Kinloch-Smith (Bell) 43:13; 2. Jana Trojan (CXE/VOB) 45:29; 3. Marlize van Niekerk (Met) 46:57. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 40:47; 2.

Mariëtte Strauss (Tyger) 42:22; 3. Olga Howard (Ned) 43:12. **G'masters:** 1. Nancy Will (Pine) 44:56; 2. Bev Charters (VOB) 45:42; 3. Charmaine Cupido (Ned) 49:55.

**G/g'masters:** 1. Mariëtha Herbert (Bell) 55:21; 2. Pixie Sparg (Celtic) 56:31; 3. Marlene James (Pine) 60:37. **Juniors:** 1. Mia Ivanona (WC) 43:09; 2. Laila Abouzaid (Good) 43:10; 3. Razaan Kamaldien (Carb) 47:51.

### Vukani MS 15 km

Port Elizabeth, 18 November

(Fairly flat loop course. Weather: Excellent conditions with no wind. Finishers: 305.)

Note: Excellent performances here by Christine Claasen (53), Margie Saunders (64) and Hanlie van der Westhuizen (61) to finish in the top five overall. -- Ed.

#### MEN

1	Andile	Motwana	Tinarha AC	20	46:48
2	George	Ntshiliza	Nedbank RC	38	48:31
3	Bulelani	Niwa	Achilles AAA	34	50:26
4	Masande	Mlonyeni	Charlo AC	37	50:43
5	Melikhaya	Kepe (1st vet)	Nedbank RC	41	51:21

#### Veterans:

1	Melikhaya	Kepe	Nedbank RC	41	51:21
2	Craig	Williams	Body Concept	40	59:20
3	Thembekile	Msipa	Charlo AC	43	59:45

#### Masters:

1	Desmond	Zibi	Achilles AAA	54	56:12
2	Darrell	Wicht	Madiba BW	54	58:14
3	Leonardo	De Villiers	St Albans AC	51	1:07:03

#### G'masters:

1	Alan	Taylor	Achilles AAA	60	1:01:50
2	Hannes	Els	Madiba BW	67	1:07:21
3	Sizinzo	Kama	Achilles AAA	66	1:09:36

#### G/g'masters:

1	William	Vorster	PEAAC	71	1:15:33
2	Tamsanqa	Jusayi	Nedbank RC	75	1:18:25
3	Eckart	Schumann	Body Concept	72	1:29:21

#### Juniors:

1	Anele	Voorman	Nedbank RC	17	53:59
2	Bhutise	Grootboom	Temp	16	1:21:41
3	Tawfeeq	Vyver	Nedbank RC	19	1:24:25

#### WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	56:32
2	Ndileka	Mvakwendlu	Tinarha AC	27	1:02:56
3	Christine	Claasen (1st mast)	Achilles AAA	53	1:05:31
4	Margie	Saunders (1st g'mast)	Nedbank RC	64	1:05:46
5	Hanlie	Van der Westhuizen	Despatch AC	61	1:07:35

#### Veterans:

1	Katharine	Van der Walt	Body Concept	41	1:10:16
2	Cindy	Forbes	Temp	40	1:12:05
3	Lindy	Kretzmann	32Gi EP AC	41	1:12:12

#### Masters:

1	Christine	Claasen	Achilles AAA	53	1:05:31
2	Michelle	Van Iddekinge	Elite A C	50	1:14:14
3	Buyelwa	Kobokana	Nedbank RC	52	1:17:03

**G'masters:**

1	Margie	Saunders	Nedbank RC	64	1:05:46
2	Hanlie	Van der Westhuizen	Despatch AC	61	1:07:35
3	Christine	Snyman	Despatch AC	61	1:32:40

**G/g'masters:**

1	Liz	Jenkerson	Muirite Strider	70	1:25:19
2	Ronelle	Steyn	Nedbank RC	73	1:35:48
3	Christine	Fourie	Elite A C	71	1:52:54

**Juniors:**

1	Stepton	Vaughlon	Temp	16	1:41:30
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**Xerox Lightning Fast 10 km (31st)**

East London, 12 November

(Point-to-point downhill course. Finishers: 607 [considerably up from 402 last year].)

**MEN**

1. Luthando Hejana (RG), 30, 30:33
2. Lithobe Menzeleleli (B2R), 18, 32:44
3. Nkosinathi Nzingo (Ned), 35, 32:50
4. Malixolo Kalideni (Old S), 25, 33:05
5. Nikelo Lolwana (B2R), 22, 34:02
6. Athenkosi Sikwezi (B2R), 25, 34:42
7. Makaya Masumpa (B2R), 51, 35:03
8. Edumisa Mtoli (Ned), 25, 35:25
9. Mndeni Zulu (Ox S), 41, 35:37
10. Vusumzi Zondo (Ox S), 23, 35:49

**Veterans:** 1. Mndeni Zulu (Ox S), 41, 35:37. **Masters:** 1. Makaya Masumpa (B2R), 51, 35:03. **G'masters:** 1. Charl Pienaar (Old S), 61, 43:15. **Juniors:** 1. Lithobe Menzeleleli (B2R), 18, 32:44.

**WOMEN**

1. Stephanie Smith (B2R), 32, 37:14
2. Caryn Lategan (B2R), 36, 40:09
3. Andrea Ranger (Old S), 35, 40:51
4. Karen Davis (B2R), 40, 42:47
5. Sharon Wood (RWFL), 51, 43:32
6. Kirsten Leigh Forsyth (Ox S) 44:04
7. Michelle Conroy (B2R), 42, 44:20
8. Laura Gush (Bear), 29, 44:38
9. Karen Albertyn (Ox S), 40, 45:02
10. Jessica Blundell (B2R), 24, 45:14

**Veterans:** 1. Karen Davis (B2R), 40, 42:47. **Masters:** 1. Sharon Wood (RWFL), 51, 43:32. **G'masters:** 1. Desley Scholtz (Ox S), 64, 57:14. **G/g'masters:** 1. Liz Attree (Buffs), 70, 73:03. **Juniors:** 1. Sinovuyo Mafu (B2R), 19, 47:31.

**Bluff Marathon & Half Marathon**

Durban, 12 November

(Distances: 42.195 & 21.1 km. Finishers: marathon -- 210; half marathon -- 509.)

**Marathon****MEN**

1. Muziwenkosi Elvis Mjaja (Ned), 28, 2:39:29
2. Daniel Mokoena (Etheke), 28, 2:48:56

3. Menzi Mtolo (Somand), 25, 2:49:09

**Veterans:** 1. Mduduzi Gwala (ME), 40, 3:02:23. **Masters:** 1. Michael Ndlovu (Etheke), 50, 2:55:50. **G'masters:** 1. Simon Chiliza (Syden), 60, 3:54:42. **G/g'masters:** 1. Henk Vos (Ind), 71, 5:35:21.

#### WOMEN

1. Lisa Collett (Boxer), 40, 3:16:41
2. Nomthandazo Mlotshwa (Etheke), 25, 3:24:33
3. Cecelia Molefe (Chilt), 39, 3:36:50

**Veterans:** 1. Lisa Collett (Boxer), 40, 3:16:41. **Masters:** 1. Debby de Koning (Eskom), 58, 4:24:51. **G'masters:** 1. Sheree Kirsten (West) 5:46:57.

#### Half marathon

##### MEN

1. Bonginkosi Zwane (Boxer), 26, 1:10:11
2. Sithembele Fanekho (Ned), 26, 1:12:18
3. Aphelele Phungula (Bluff), 19, 1:15:07

**Veterans:** 1. Nhlanhla Khanyile (SANDF), 46, 1:21:50. **Masters:** 1. Craig Anderson (DAC), 56, 1:29:32. **G'masters:** 1. Aubrey Roberts (West), 62, 1:39:01. **G/g'masters:** 1. Raymond Meyer (Sav), 70, 2:13:00.

##### WOMEN

1. Mwabisa Mjoli (Holly), 25, 1:34:02
2. Simone Verster (KPMG), 39, 1:38:56
3. Nonsikelelo Mbambo (Carb), 39, 1:40:15

**Veterans:** 1. Shirley Deyzel (Ind), 46, 1:52:40. **Masters:** 1. Roshini Natasen (High), 52, 1:52:42. **G'masters:** 1. Pamela Rasmussen (YWP), 65, 2:07:31. **G/g'masters:** 1. Maureen Parry (Chilt), 71, 2:31:42.

### UniWisp 3-in-1 Kaapsehoop Marathon & Half Marathon

Kaapsehoop to Nelspruit, 4 November

(Distances: 42.195 km & 21.1 km. Point-to-point, severely downhill courses [not record eligible]. Finishers: marathon – 2837 [up from 2678 last year]; half marathon – 1498 [slightly up from 1479].)

#### Marathon

##### MEN

1. Gaolathilhe Lesetedi (LES) 2:28:39
2. Lovers Hlatshwayo 2:31:58
3. Eliya Mogoboya 2:31:58

##### WOMEN

1. Ann Ashworth 2:54:49
2. Mia van Heerden 2:55:44
3. Vicky Cotter 2:55:53
4. Leilani Scheffer 2:56:02
5. Catherine Malungane 2:56:05

#### Half marathon

##### MEN

1. Tandeai Afonso 1:09:02
2. Samuel Mathabatha 1:09:36

3. Sbonelo Dlangamandla 1:14:12

#### WOMEN

1. Leigh-Ann Hasselbach 1:24:19
2. Elria Munro 1:32:38
3. Maria Bendana 1:36:10

### 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

#### AirTel Delhi Half Marathon (13th)

New Delhi, IND, 19 November

(Distance: 21.1 km. AIMS certified)

Note: Reigning Olympic 10000-metre gold medalist Almaz Ayana enjoyed a successful half-marathon debut here, running a crisp 67:12 to win by 9 seconds. --Ed.

#### ELITE MEN

1. Berhanu Legese, ETH 59:46 USD 27,000
2. Andamlak Belihu, ETH 59:51 DB 20,000
3. Leonard Korir, USA 59:52 PB 13,000
4. Asefa Negewo, ETH 59:54 PB 8,000
5. Jorum Okumbo, KEN 59:58 6,000
6. Geoffrey Kirui, KEN 1:00:04 5,000
7. Edwin Kiptoo, KEN 1:00:06 4,000
8. Abadi Hadis Embaye, ETH 1:00:25 DB 3,000
9. John Langat, KEN 1:00:41 PB 2,000
10. Nitender Singh Rawat, IND 1:03:53 PB 1,000 + INR 300,000 (=USD 4614)

#### ALL-WOMEN'S ELITE RACE

1. Almaz Ayana, ETH 1:07:12 DB USD 27,000
2. Yeshaneh Ababel, ETH 1:07:21 PB 20,000
3. Netsanet Gudeta, ETH 1:07:26 PB 13,000
4. Helah Kiprof, KEN 1:08:10 8,000
5. Worknesh Degefa, ETH 1:08:10 6,000
6. Paskalia Chepkorir, KEN 1:08:47 PB 5,000
7. Veronica Nyaruai, KEN 1:09:03 4,000
8. Loganathan Suriya, IND 1:10:31 NR 3,000 + INR 300,000 (=USD 4614)
9. Darya Maslova, KGZ 1:11:29 2,000
10. Sudha Singh, IND 1:11:30 PB 1,000 + 250,000
11. Mimi Belete, BRN 1:12:22
12. Parul Choudhary, IND 1:13:09 DB 175,000
13. Karolina Nadolska, POL 1:14:51
14. Swati Gadhawe, IND 1:15:21 PB 100,000



**NN Zevenheuvelenloop 15 km** (34th)

Nijmegen, NED, 19 November

(Flat certified course)

Note: Joshua Cheptegei won here for the third year in a row. In an incredible, mostly-solo, effort he ran the second-fastest time in history, missing Leonard Patrick Komon's ARRS and IAAF world record by just three seconds. --Ed.

## MEN (gun times)

1. Joshua Cheptegei, UGA, 41:16 NR/PB
2. Amdework Walelegn, ETH, 42:40 PB
3. Noah Kipkemboi, KEN, 42:43 PB
4. Yenew Alamirew, ETH, 43:33
5. Mekonnen Gebremedhin, ETH, 43:35 PB
6. Tappei Sakaguchi, JPN, 43:36 PB
7. Abbabiya Simbassa, USA, 43:37 PB
8. Stephen Kissa, UGA, 43:43 PB
9. Philemon Kacheran, KEN, 44:27 PB
10. Callum Hawkins, GBR, 44:45

## WOMEN (gun times)

1. Birke Debele, ETH, 48:52
2. Mercyline Chelangat, UGA, 48:54 PB
3. Evaline Chirchir, KEN, 48:54 PB
4. Sofia Assefa, ETH, 48:56 PB
5. Rose Chelimo, BRN, 49:08 PB
6. Ancuta Bobocel, ROM, 50:22 PB
7. Rika Kaseda, JPN, 50:24 PB
8. Ruth van der Meijden, NED, 51:06 PB
9. Rino Goshima, JPN, 52:13 PB
10. Jacelyn Gruppen, NED, 53:21

**Maratón Valencia Trinidad Alfonso** (37th)

(IAAF Gold Label Road Race)

Valencia, ESP, 19 November

(Distance: 42.195 km. Flat, AIMS-certified course with negligible start/finish separation.)

Note: Great performances here by Nolene Conrad and Gerda Steyn, while in the accompanying 10 km fellow South African Tanya Posthumus-Fox also set a PB of 38:45, finishing 24th. -- Ed.

## MEN (gun times) -

- |                               |         |        |                    |
|-------------------------------|---------|--------|--------------------|
| 1. Sammy KITWARA, KEN         | 2:05:15 | ACR/CR | € 15,000 + 10,000* |
| 2. Evans Kiplagat CHEBET, KEN | 2:05:30 | PB     | 7,500              |
| 3. Deribe Robi MELKA, ETH     | 2:06:38 |        | 4,000              |

\*) Course record bonus; also Spanish all-comers record.

## WOMEN (gun times) -

- |                                |         |          |
|--------------------------------|---------|----------|
| 1. Aberu Mekuria ZENNEBE, ETH  | 2:26:17 | € 15,000 |
| 2. Volha MAZURONAK, BLR        | 2:27:14 | 7,500    |
| 3. Winny JEPKORIR, KEN         | 2:27:18 | 4,000    |
| 4. Naomi Chepkorir TUEI, KEN   | 2:27:37 | PB 2,500 |
| 5. Anja SCHERL, GER            | 2:28:54 | 1,500    |
| 6. Aynalem Kasahun TEFERI, ETH | 2:30:53 | 1,000    |
| 7. Kellys ARIAS, COL           | 2:33:48 | 700      |

8. Monica Raquel LOPES DA SILVA, POR 2:34:04 PB 400  
 9. Nolene CONRAD, RSA 2:35:21 PB 200  
 ... 12. Gerda STEYN, RSA 2:37:22 PB

### **Semi-Marathon de Boulogne-Billancourt** (20th)

Boulogne-Billancourt, FRA, 19 November

(Distance: 21.1 km. Multi-loop course with no start/finish separation)

MEN (gun times)

1. Hiskel Tewelde, ERI 1:01:13  
 [14:32 / 29:15 / 43:47 / 58:14]  
 2. Birhane Nebebew, ETH 1:01:14  
 3. Aferwerki Berhane, ERI 1:01:17  
 4. Albert Kangogo, KEN 1:01:19  
 5. Geoffrey Yegon, KEN 1:01:37  
 6. Lesibe Pricious Maschehle, RSA 1:01:48

WOMEN (gun times)

1. Rehima Tusa, ETH 1:08:28 CR  
 2. Perendis Lekapana, KEN 1:09:13  
 3. Josephine Chepkoech, KEN 1:09:47

### **Blom Bank Beirut Marathon** (15th)

(IAAF Silver Label Road Race)

Beirut, LIB, 12 November

(Distance: 42.195 km; revised IAAF-certified course with negligible start/finish separation)

MEN (gun times)

1. Dominic Ruto, KEN 2:10:47 CR\* USD 10,000 + 3,000\*  
 2. Adane Amsalu, ETH 2:10:50 6,000  
 3. Edwin Kiptoo, KEN 2:12:02 3,500

\*) Course record bonus

WOMEN (gun times)

1. Eunice Chumba, BRN 2:28:43 CR\* USD 10,000 + 3,000\*  
 2. Tigist Girma, ETH 2:29:05 PB 6,000  
 3. Zinash Debebe Getachew, ETH 2:30:38 PB 3,500

\*) Course record bonus

### **Athens Marathon. The Authentic** (35th)

Athens, GRE, 12 November

(Distance: 42.195 km; hilly, point-to-point, AIMS-certified course from Marathon to Athens, finishing in the ancient Panethenaiko Stadium [same course as the 2004 Olympic Games marathon].)

MEN (gun times)

1. Samuel Kalalei, KEN 2:12:17  
 2. Milton Rotich, KEN 2:14:18  
 3. Jonathan Kiptoo, KEN 2:16:08

WOMEN (gun times)

1. Bedatu Hirpa Badane, ETH 2:34:18

2. Alice Kibor, KEN 2:34:22
3. Nancy Arusei, KEN 2:34:51

### **Geico Rock 'n' Roll Las Vegas Marathon & Half Marathon** (13th)

Las Vegas, USA, 12 November

(Distances: 42.195 km & 21.1 km; certified loop courses with no net elevation loss)

Note: *Race Results Weekly* (RRW) reports that there were a number of timing irregularities here. In some cases, gun times were faster than net times (not possible), and in other cases net times were impossibly fast. RRW sifted through the data and went with what we thought was the best data for each athlete. --Ed.

#### **Marathon** (gun times)

MEN

1. Giles Rubio, 37, FRA, 2:38:04
2. Karel Burger, 37, RSA, 2:41:27

WOMEN

1. Marisa Hird, 31, Naperville, IL, 2:55:19

#### **Half Marathon** (gun times)

MEN

1. Jeffrey Eggleston, 33, Boulder, CO, 1:04:14
2. Yuki Yagi, 28, JPN, 1:04:35
3. Wilkerson Given, 26, The Woodlands, TX, 1:04:45

WOMEN

1. Janet Bawcom, 39, Flagstaff, AZ, 1:18:02
2. Sarah Crouch, 28, Flagstaff, AZ, 1:18:25
3. Georgia Porter, 29, Flagstaff, AZ, 1:18:28

### **Setagaya 246 Half Marathon**

Setagaya, Tokyo, JPN, 12 November

(Distance: 21.1 km; course certification and configuration unknown)

MEN (gun times)

1. Ezekiel Cheboitibin (KEN), 1:02:49
2. Michael Githae (KEN), 1:03:23
3. Keisuke Hayashi, 1:03:28

WOMEN (gun times)

1. Wakana Ito, 1:18:13 (retains title)

### **Hangzhou International Marathon** (31st)

(IAAF Bronze Label Road Race)

Hangzhou, CHN, 5 November

(Distance: 42.195 km)

MEN (gun times)

- |                                |         |               |
|--------------------------------|---------|---------------|
| 1. Azmeraw Bekele Molaigh, ETH | 2:10:33 | CR USD 20,000 |
| 2. Samuel Theuri Mwaniki, KEN  | 2:10:36 | 15,000        |
| 3. Abdi Fufa Nigassa, ETH      | 2:10:41 | 8,000         |

## WOMEN (gun times)

1. Muluhabt Tsega Chekol, ETH	2:28:08	CR USD 20,000
2. Tinbit Gidey Weldegebriel, ETH	2:28:15	15,000
3. Tsehay Desalegn Adhana, ETH	2:28:35	8,000
4. Ayelu Abebe Hordofa, ETH	2:29:31	5,000
5. Olha Kotovska, UKR	2:30:20	3,000
6. Halima Hassan Beriso, ETH	2:30:22	2,000
7. Ruth Wanjiru Kuria, KEN	2:31:02	1,500
8. Racheal Jemutai Mutgaa, KEN	2:31:41	1,000

**CROSS-COUNTRY****NCAA Division I Cross-country Championships**

(80th men's/38th women's)

Louisville, USA, 18 November

## MEN (10 km)

Teams (with point totals and scoring places) -

1. N Arizona, 74 points, 2-3-8-28-33(51)(85)
2. Portland, 127, 9-12-21-39-46(54)(126)
3. BYU, 165, 20-23-32-35-55(60)(87)

## Individual finishers:

1. Justyn KNIGHT, SR, Syracuse (CAN), 29:00.1
2. Matthew BAXTER, JR, N Arizona (NZL), 29:00.8
3. Tyler DAY, JR, N Arizona, 29:04.6
4. Gilbert KIGEN, JR, Alabama (KEN), 29:11.9
5. Grant FISHER, JR, Stanford, 29:12.1
6. Dillon MAGGARD, SR, Utah St, 29:16.2
7. Vincent KIPROP, JR, Alabama (KEN), 29:27.2
8. Peter LOMONG, JR, N Arizona, 29:33.1
9. Lawrence KIPKOECH, JR, Campbell (KEN), 29:34.5
10. Jonathan GREEN, JR, Georgetown, 29:38.6
- ... 28. Nadeel WILDSCHUTT, FR, Coastal Carolina (RSA), 29:52.0

## WOMEN (6 km)

Teams (with point totals and scoring places) -

1. New Mexico, 90 points, 1-6-9-11-63(79)(93)
2. San Francisco, 105, 3-5-12-33-52(99)(140)
3. Colorado, 139, 8-26-27-34-44(120)(216)

## Individual finishers:

1. Ednah KURGAT, SO, New Mexico (KEN), 19:19.5 CR\*
2. Amy-Eloise NEALE, SR, Washington (GBR), 19:27.0
3. Charlotte TAYLOR, SR, San Francisco (GBR), 19:28.6
4. Allie OSTRANDER, SO, Boise State, 19:31.2
5. Weronika PYZIK, JR, San Francisco (POL), 19:34.0
6. Caroline SANG, JR, Charlotte (KEN), 19:35.6
7. Weini KELATI, FR, New Mexico (ERI), 19:35.8
8. Grayson MURPHY, SR, Utah, 19:36.3
9. Allie BUCHALSKI, SR, Furman, 19:42.5
10. Dani JONES, JR, Colorado, 19:47.0
11. Karissa SCHWEIZER, SR, Missouri, 19:47.5 [defending champion]
- ... 48. Carina VILJOEN, SO, Arkansas (RSA), 20:20.4

## NCAA Division II Cross-country Championships

Evansville, USA, 18 November

### MEN (10 km)

Individual finishers:

1. James Ngandu, SR, Tiffin (KEN), 30:18.8
2. Zach Panning, JR, Grand Valley St., 30:52.8
3. Kale Adams, SO, Adams State (AUS), 30:56.7
- ... 20. McMarshall Hartzenberg, FR, Cal Baptist (RSA), 31:32.8

### WOMEN (6 km)

Individual finishers:

1. Caroline Kurgat, SR, Alaska Anchorage (KEN), 20:32.3
2. Sarah Berger, JR, Walsh, 20:52.1
3. Natalie Rodriguez, SR, Cal St. San Marcos, 20:53.7
- ... 90. Leanda du Bruyn, SR, Cal Baptist (RSA), 22:25.5

## STATS TIME

This week we include a list of the top ten SA veteran 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 10 VETERAN MEN

31:11	Mthandazo Qhina	1	Goodwood	30 Sep
31:27	Simon Mpholo	1	Nelspruit	04 Nov
31:40	Malesela Johannes Kekana	1	Johannesburg	21 May
31:41	Simphiwe Zulu	2	Nelspruit	04 Nov
31:45	Mzwanele Maphekula	1	Port Elizabeth	22 Apr
31:45	Ntuthuko Maseko	3	Nelspruit	04 Nov
31:52	Mpholo-2	2	Johannesburg	21 May
31:54	Gert Thys	1	Goodwood	04 Mar
31:56	Qhina-2	1	Cape Town	08 Oct
32:05	Shadrack Hoff	1	Pretoria	18 Feb
32:11	Zongamele Dyubeni	4	Nelspruit	04 Nov
32:14	Paul Ramokopu	5	Nelspruit	04 Nov

## THIS MONTH IN HISTORY

### 45 years ago: 8 November 1972

South African distance running for women took off only in the sixties, although by then the country had already produced several world-class stars such as Esther Brand, Marjorie Clark and Daphne Hasenjager in other events. The two pioneers of distance running were Anne McKenzie and Sonja van Zyl (now Laxton). McKenzie set eighteen SA record for 800 metres in the period 1962-67. On this day it was the turn of Van Zyl, who in Johannesburg established the first official national record for 3000 m when she ran 9:56.6 to win by almost 40 seconds. The record stood for barely two months before Van Zyl bettered it; she would set three records for the distance in 1973 and bring the mark down to 9:28.0. Now 69, she still competes despite a serious accident a few years ago when she was hit by a car while training.

## 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	
	74:27	Dathan Ritzenhain (USA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		08 Jan
	96:10	Lusapho April	Camps Bay	
	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)		
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	31:11	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	1:45:54	Gert Thys	Camps Bay	08 Jan
	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 66:42	Makaya Masumpa Martin Rees (GBR) 2003	Port Elizabeth	24 Jun
25 km	97:58A 98:49	Basie Bonaparte Joseph Ndlovu	Somerset East Pretoria	18 Mar 06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km	11:08:36	Hilton Murray	Cape Town	22 Jul
<u>Grandmasters (60+)</u>				
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
<u>Great grandmasters (70+)</u>				
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	2:51:20 2:00:56	Anthony Riddick Ed Whitlock (CAN) 2001	Parow	26 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
<u>Juniors</u>				
10 km	30:10 27:52	Adrian Wildschutt Richard Chelimo (KEN) 1990	Goodwood	30 Sep
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
<b>WOMEN</b>				
<u>Open</u>				
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	Dominique Scott-Efurd Annie Bothma	Camps Bay Eersterivier	08 Jan 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 Tuliemuk (USA)		
	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
	1:46:24	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 Natsen	Pinetown	29 Jan
	2:07:29	Ansa Strydom	Pretoria	06 May
30 km	2:27:20	Olga Howard	Parow	26 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	65:46	Margie Saunders	Port Elizabeth	18 Nov
	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	2:32:53	Nancy Will	Camps Bay	08 Jan
	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	85:19	Liz Jenkerson	Port Elizabeth	18 Nov
	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	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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Contributors to this issue: Alen Hattingh, Kevin & Sonia Harlock, Derrick Chamberlain, Irene & Jan van Eeden, Karen Zimmerman, FinishTime, Mark Dowdeswell, Hans Hugo

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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)



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