

Distance Running Results

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EDITORIAL

Three list leaders were set in the Aspen Pharmacare Port Elizabeth City Marathon, which was held for the 35th time this weekend. Melanie van Rooyen, who turned 40 a month ago, won for the second time in a row (and third time overall), running 2:52:33 to win by more than five minutes. The other list leaders came from grandmaster Alan Taylor (3:02:09) and master Christine Claasen (3:17:37).

One of South Africa's oldest submarathon races, the BMG Stainbank Cup 15 km, was run for the 44th time and went to Vumani Mlaba (50:45) and Jenna Challenor (58:32).

Another long-running KZN 15 km race, the Illovo Sugar 15 km Challenge organised by Westville AC, will be held for the 24th time this coming Sunday, starting at 06:00 at the Westville AC clubhouse, corner of Maryvale Road and Syringa Avenue.

The IAAF has decided that it will no longer recognise and ratify world records for 15 km, 20 km, 25 km and 30 km. On the other hand, it will recognise world records for 5 km for the first time, subject to marks of 13:10 and 14:45. World's fastest performances in the four longer distances should properly be called world bests now. The Association of Road Racing Statisticians (ARRS) will continue to recognise best performances in these four distances, but these should be called "ARRS world records".

Riël Hauman

INCLUDED IN THIS ISSUE:

- * BMG Stainbank Cup 15 km, Durban
- * Heroes Marathon, Half Marathon & 10 km, Mthatha to Qunu
- * Aspen Pharmacare Port Elizabeth City Marathon & 10 km, Port Elizabeth
- * Mapungubwe Half Marathon & 10 km, Polokwane

International highlights:

- * Fukuoka Marathon, Fukuoka, JPN
- * California International Marathon, Folsom Dam to Sacramento, USA
- * Percy Pud 10 km, Sheffield, GBR
- * Asics Firenze Marathon, Florence, Italy
- * Asian Marathon Championships, Dongguan, CHN
- * Basler Stadtlauf, Basel, SUI
- * Applied Materials Silicon Valley Turkey Trot/Elite 5 km, San Jose, USA

* XC: Cross International de la Constitución, Aranda de Duero (Burgos), ESP Liverpool;
Cross Challenge / British Athletics Cross Challenge #3, Liverpool, GBR

ROAD RUNNING

BMG Stainbank Cup 15 km (44th)

Durban, 3 December
(Loop course. Finishers: 926.)

MEN

1. Vumani Mlaba (Etheke) 50:45
2. Sphamandla Nyembe (Etheke) 51:09
3. Sithembele Fanekho (Ned) 51:34
4. Aphelele Phungula (Bluff) 51:44
5. Siphamandla Sinama (Chilt) 53:17

Veterans: 1. Kwakhiwakwawo Ngubane (ME) 56:59; 2. Nkosinathi Ngongo (Stella) 57:47; 3. Bernard Phalatsane (ZIM/Phant) 58:25. **Masters:** 1. Willie Majombozi (Boxer) 61:50; 2. Wayne Scott (PDAC) 64:48; 3. Cliff Robbertze (West) 66:59. **G'masters:** 1. Andy Daly (West) 63:18; 2. Aubrey Roberts (West) 67:56. **G/g'masters:** 1. Andrew Spence (SCS) 82:00. **Juniors:** 1. Jabulani Majombozi (Boxer) 62:46; 2. Sibusiso Cele (Umkomaas) 65:03; 3. Pranav Dhanlall (Orion) 108:31.

WOMEN

1. Jenna Challenor (KPMG) 58:32
2. Shelley Young (Chilt) 63:27
3. Janene Carey (Boxer) 67:28 (1st vet)
4. Nkonsikelelo Mbambo (Carb) 69:12
5. Michelle de Montille (HV) 69:23

Veterans: 1. Janene Carey (Boxer) 67:28; 2. Michelle de Montille (HV) 69:23; 3. Lise Muchna (PDAC) 73:37. **Masters:** 1. Grace de Oliveira (Boxer) 71:10; 2. Michelle Sims (PDAC) 73:21; 3. Gail Babich (Sav) 77:15. **G'masters:** 1. Elize Cilliers (DHSOB) 85:38; 2. Wendy Rook (Sav) 90:22. **G/g'masters:** 1. Gill Tregenna (West) 102:01. **Juniors:** 1. Thembokuhle Khumalo (Elok) 95:52; 2. Sara Morrison Young (SCS) 96:31; 3. Lethokuhle Ndlovu (Ind) 2:04:11.

Heroes Marathon, Half Marathon & 10 km

Mthatha to Qunu, 3 December
(Distances: 42.195 km, 21.1 km & 10 km; marathon a point-to-point course, other course configurations unknown. Finishers: marathon -- 235; half-marathon -- 279; 10 km -- 372.)

Marathon

MEN

1. Nkosikhona Mhlakwana 2:26:20
2. Kebede Aberra Dinke (ETH) 2:26:22
3. Isaac Mpofu 2:27:10
4. Cephas Pasimire (ZIM) 2:27:52
5. Bereng Julius Moqeti 2:27:54
6. Moses Kiptoo Kurgat (KEN) 2:28:08
7. Samuel Moreng 2:28:42
8. Matile Makhele 2:29:40
9. Mahlomola Ishmael Sekhonyana 2:29:45
10. Mosoeunyane Marapalla (LES) 2:30:07

WOMEN

1. Chelitu Bogale Asefa (ETH) 2:50:13
2. Lineo Chaka (LES) 3:00:07
3. Olivia Chitate (ZIM) 3:01:41
4. Loveness Madziva (ZIM) 3:03:43
5. Vuyokazi Gebe 3:07:00
6. Samkelisiwe Tfwala 3:18:09
7. Eunice Phindile Nhlapo 3:20:53
8. Beatrice Hlophe 3:28:14
7. Nokukhanya Memela 3:30:15
8. Xoliswa Bici 3:43:10
9. Noligwa Mkungeka 4:11:17
10. Laura Gush 4:17:47

Half marathon**MEN**

1. Tebello Ramakongoana (LES) 1:08:09
2. Ntsindiso Mphakathi 1:09:34
3. Tsepo Mathibelle (LES) 1:09:50
4. Silindile Gubese 1:10:04
5. Lukhanyo Ngxoko 1:10:37

WOMEN -

1. Slindile Chili 1:30:18
2. Poppy Mlambo 1:30:28
3. Nwabisa Maria Mjoli 1:35:08
4. Siyasanga Ngxanzana 1:39:04
5. Thobile Ngwenyama 1:42:10

10 km**MEN**

1. Sibabalwe Gladwin Mzazi 32:51
2. Tsepang Maqaleha (LES) 33:05
3. Tumisang Monnatlala 33:24

WOMEN

1. Rudo Mhonderwa (ZIM) 37:54
2. Glenrose Xaba 37:54 [correct]
3. Jenet Mbhele 38:38

Aspen Pharmacare Port Elizabeth City Marathon (35th) & 10 km

Port Elizabeth, 2 December

(Distances: 42.195 km & 10 km; marathon a loop course with out-and-back section at beginning and end, 10 km a loop. Finishers: marathon -- 600 men + 262 women = 862 total [slightly down from 879 last year]; 10 km --- 445 [down from 555].)

Note: Very few clubs were included in the results, so DRR has decided to leave them all out. -- Ed.

Marathon**MEN**

- | | | | | |
|---|-----------|-------------------|----|---------|
| 1 | Melikhaya | KEPE | 41 | 2:29:41 |
| 2 | George | NTSHILIZA | 38 | 2:32:02 |
| 3 | Gift | CHIGOMARAWA (ZIM) | 29 | 2:33:00 |
| 4 | Masande | MLONYENI | 37 | 2:37:22 |
| 5 | Xolisa | NDLUMBINI | 35 | 2:37:36 |

6	Warren	KIDGELL	39	2:41:17
7	Anele	MALIZA	39	2:42:18
8	Liam	MEEKIN	38	2:42:51
9	Michael	BESTER	30	2:44:17
10	Sbonelo	DLANGAMANDLA	25	2:46:18
11	Xolisile	SINKITANA	39	2:46:35
12	Simon	MATEBESE	54	2:48:25
13	Craig	BRUINDERS	41	2:49:14
14	Simphiwe	MOYIKI	33	2:51:21
15	Ricardo	PLAATJIES	34	2:51:23
16	Christopher	MABENGEZA	51	2:52:19
17	Neo	CHABEDI	48	2:52:51
18	Kenneth	SHIBAMBO	41	2:52:57
19	Robert	PETSCHER	39	2:53:14
20	Anthony	KHEDAMA	41	2:55:33

Veterans:

1	Melikhaya	KEPE	41	2:29:41
2	Craig	BRUINDERS	41	2:49:14
3	Neo	CHABEDI	48	2:52:51

Masters:

1	Simon	MATEBESE	54	2:48:25
2	Christopher	MABENGEZA	51	2:52:19
3	Darrell	WICHT	54	3:00:44

G'masters:

1	Alan	TAYLOR	60	3:02:09
2	Clifford	HICKEN	60	3:32:11
3	Andre	BARNARDO	61	3:39:37

G/g'masters:

1	Julian	MURPHY	70	4:15:05
2	Eckart	SCHUMANN	72	4:32:29
3	Kobus	GERBER	73	4:33:09

WOMEN

1	Melanie	VAN ROOYEN	40	2:52:33
2	Katy	VAN METER	29	2:57:35
3	Helen	IBBOTSON	42	3:07:03
4	Ann	ASHWORTH	33	3:07:04
5	Enie	MANZINI	37	3:07:08
6	Annalise	SCHOLTZ	34	3:10:38
7	Puseletso	DLADLA	26	3:14:28
8	Yolande	VAN HEERDEN	40	3:16:06
9	Christine	CLAASEN	53	3:17:37
10	Davera	MAGSON	43	3:18:35
11	Nokholo	HLEZUPENDE	38	3:21:44
12	Sally	WATERWORTH	39	3:22:33
13	Renata	VOSLOO	34	3:26:43
14	Kerrin	WATSON-SMITH	35	3:29:08
15	Terray	NEWCOMBE	26	3:29:48
16	Bridgette	HATTINGH	32	3:32:50
17	Hanlie	V.D. WESTHUIZEN	61	3:33:01
18	Elmarie	BEZUIDENHOUT	35	3:34:21
19	Ilze	RITTER	29	3:37:06
20	Elizabeth	GOUGH	41	3:38:27

Veterans:

1	Melanie	VAN ROOYEN	40	2:52:33
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2	Helen	IBBOTSON	42	3:07:03
3	Yolande	VAN HEERDEN	40	3:16:06

Masters:

1	Christine	CLAASEN	53	3:17:37
2	Sieraagh	NORDIEN	54	3:47:45
3	Jenny	VAN DER WALT	51	3:53:58

G'masters:

1	Hanlie	V.D. WESTHUIZEN	61	3:33:01
2	Renee	HAWKRIDGE	66	4:20:36
3	Sheree	KIRSTEN	62	4:34:53

10 km**MEN**

1	Kabelo	MELAMU	20	30:46
2	Andile	MOTWANI	20	30:48
3	Amos	NYONGO	31	33:00
4	Eric	SIGXASHE	39	33:01
5	André	KETCHEM	34	34:00
6	Xabiso	KOSE	19	34:37
7	Anele	VOORMAN	17	35:03
8	Ruan	JONCK	21	35:51
9	Desmond	ZIBI	54	36:13
10	David	ASHWORTH	35	36:23

Veterans:

1	Jacques	BARNARD	41	39:43
2	Christopher	MIDLANE	47	42:16
3	Loren	MEYER	45	47:40

Masters:

1	Desmond	ZIBI	54	36:13
2	Welcome	BASKITI	50	44:24
3	Joseph	BAIN	58	46:34

G'masters:

1	Sticks	STIGLINGH	63	42:32
2	Hannes	ELS	67	43:04
3	Eddie	EADES	68	48:08

G/g'masters:

1	Tamsanqa	JUSAYI	75	48:21
2	William	VOSTER	71	51:36
3	André	FOURIE	70	61:41

Juniors:

1	Xabiso	KOSE	19	34:37
2	Anele	VOORMAN	17	35:03
3	Ayabonga	SALIL	15	41:54

WOMEN

1	Ntombesintu	MFUNZI	35	37:10
2	Keneilwe	SESING	29	37:49
3	Ndileka	MVAKWENDLU	27	41:03
4	Xandiswa	SHANGE	17	42:34
5	Luthando	NXANISA	25	42:54
6	Vicky	OELOFSE	17	44:41
7	Lily	JANSE VAN RENSBURG	41	47:16
8	Wilmeri	POTGIETER	26	48:39
9	Lindi	VAN TONDER	39	49:59
10	Erica	THOMPSON-HENNING	42	50:35

Veterans:

1	Lily	JANSE VAN RENSBURG	41	47:16
2	Erica	THOMPSON-HENNING	42	50:35
3	Tania	JORDAAN	41	51:51

Masters:

1	Salome	LOOTS	55	51:37
2	Sitha	SIGENU	54	54:46
3	Lynette	SMUTS	51	57:32

G'masters:

1	Christine	SNYMAN	61	56:38
2	Helene	OPPEL	67	63:27
3	Saundria	VISSER	66	64:23

G/g'masters:

1	Liz	JENKERSON	70	57:17
2	Ronelle	STEYN	73	62:07
3	Denise	TERBLANCHE	70	68:49

Juniors:

1	Xandiswa	SHANGE	17	42:34
2	Vicky	OEOFSE	17	44:41
3	Natasha	MAGAGA	15	53:02

Mapungubwe Half Marathon & 10 km

Polokwane (Pietersburg), 2 December
(Distances: 21.1 km & 10 km)

Half marathon**MEN**

1 Desmond Mokgobu (Boxer) 68:25 (R4500); 2 Precious Mashele (Nedbank) 68:42 (R3500); 3 Sibusiso Nzima (Nedbank) 69:42 (R2500); 4 Lucky Mohale (Boxer) 71:37 (R1500); 5 Tebogo Pulusa (Dwarsrivier) 71:40 (R1000); 6 Ludwick Mamabolo (Nedbank) 73:02 (1st vet) (R750); 7 Jacob Malefo (Nedbank) 73:16 (R500); 8 Calvin Malatji (Pietersburg) 73:29; 9 Johannes Kekana (Maxed Elite) 75:33; 10 Moses Njuguna (Temp) 75:34.

(All age category prize money was the same: R1000, R750, R500.)

Veterans: 1 Ludwick Mamabolo (Nedbank) 73:02; 2 Johannes Kekana (Maxed Elite) 75:33; 3 Moses Njuguna (Temp) 75:34. **Masters:** 1 Nel Mtsweni (Eskom) 83:57; 2 Thomas Ngobeni (Vhembe) 87:41; 3 Petrus Kgopa (Pietersburg) 87:45. **G'masters:** 1 Stephen Seema (SAPS) 91:33; 2 Simon Makweya (Mzansi) 94:57; 3 Thompson Mbombi (Greater Elim) 1:41:02. **Juniors:** 1 Jacob Khomola (UL) 76:09; 2 Kwena Matlala (Eskom) 77:43; 3 Keketso Ramotebele (Folang) 82:35.

WOMEN (Same prize money as men)

1 Rutendo Nyahora (ZIM/Nedbank) 86:32; 2 Liziwe Mabona (Ampa) 90:45; 3 Lizzy Babili (Massmart) 94:58; 4 Takalani Ndandani (KPMG) 1:41:41; 5 Thabiso Mabasa (Tzaneen) 1:43:08; 6 Mirriam Mooki (CS) 1:46:15 (1st vet); 7 Gift Ramabele (Tzaneen) 1:43:08.

Veterans: 1 Mirriam Mooki (CS) 1:46:15; 2 Dimakatso Mafona (Mzansi) 2:02:11; 3 Rahaba Mafunisa (Vhembe) 2:15:17. **Masters:** 1 Greta Bekker (Le Club) 2:06:46; 2 Hannelie Kruger (RWFL) 2:27:18. **G'masters:** 1 Adel Matotoka (UL) 2:22:36. **Juniors:** 1 Thabiso Mabasa (Tzaneen) 1:43:08.

10 km**MEN**

1 Tlou Peu (BCC) 30:36 (R1500); 2 Collen Mulaudzi (TUT) 30:59 (R1000); 3 Pharson Magagane (Nedbank) 31:05 (R500).

(All age category prize money was the same: R750, R500, R400.)

Veterans: 1 Ronny Mabotja (SAPS) 34:19; 2 Bethuel Netshitenzhe (Pietersburg) 36:56; 3 Semolopeng Maphoto (RWFL) 37:25. **Masters:** 1 Lazarus Seroka (Pietersburg) 39:45; 2 Samuel Munyai (Vhembe) 40:35; 3 Theo Sekete (SAPS) 44:40. **G'masters:** 1 Robert Sacco (RWFL) 46:18; 2 John Manganye (Malamulele) 68:31; 3 Regwell Phandavhudzi (Phalaborwa) 73:49. **G/g'masters:** 1 Johan Stears (Pietersburg) 81:35. **Juniors:** 1 Solomon Moja (UL) 33:47; 2 Abram Kubjoane (Nylstroom HS) 34:54; 3 Tumelo Phago (Moletje) 36:33.

WOMEN (Same prize money as men)

1 Geneva Raphahla (Pietersburg) 43:35; 2 Melita Molalatladi (UL) 44:43; 3 Linah Mhlongo (Eskom) 45:15 (1st vet).

Veterans: 1 Linah Mhlongo (Eskom) 45:15; 2 Elizna Kotze (Pietersburg) 49:54; 3 Estelle Geerkens (Potties) 52:22. **Masters:** 1 Florah Ratshilingana (Greater Elim) 58:47; 2 Dikeledi Mthimkhulu (Polokwane) 67:58; 3 Corrie van Antwerpen (RWFL) 69:06. **G/g'masters:** 1 Elize Klopper (Pietersburg) 83:13; 2 Roselina Makgamapho (Potties) 1:42:50. **Juniors:** 1 Naum Bopape (UL) 52:14; 2 Jenny Matshaba (Folang) 61:02; 3 Pamela Mabusela (Folang) 64:29.

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

Fukuoka Marathon (71st)

(IAAF Gold Label Road Race)

Fukuoka, JPN, 3 December

(Distance: 42.195 km; certified loop course with stadium start and finish)

Note: A magnificent performance here by Sondre Moen with his excellent European record of 2:05:48, proving that his sub-60:00 half marathon in Valencia last month was not a fluke. *Race Results Weekly* reports that former Olympic and world champion Stephen Kiprotich of Uganda, who had originally planned to run the Bank of America Chicago Marathon but was behind on his fitness, rebounded with a very good second place finish in 2:07:10. --Ed.

MEN (gun times)

1. Sondre Nordstad MOEN, NOR 2:05:48 ER
[1:03:19 / 1:02:29]
2. Stephen KIPROTICH, UGA 2:07:10
3. Suguru OSAKO, JPN 2:07:19 PB
4. Bedan KAROKI, KEN 2:08:44
5. Amanuel MESEL, ERI 2:09:22

California International Marathon (35th)

(USA Marathon Championships For Men & Women)

Folsom Dam to Sacramento, USA, 3 December

(Distance: 42.195 km; certified course with 105 m elevation loss)

USA CHAMPIONSHIPS MEN (gun times)

1. Timothy Ritchie, 30, New Haven, CT 2:11:55 PB \$20,000 + 1500a

2. Tyler McCandless, 31, Boulder, CO 2:12:28 PB 12,500 + 1500a
3. Kiya Dandena, 28, Flagstaff, AZ 2:12:56 PB 9,000 + 1500a
4. Anthony Costales, 29, Salt Lake City, UT 2:13:13 PB 6,500 + 1500a
5. Samuel Kosgei, 33, Colorado Springs, CO 2:13:25 PB 5,000 + 1500a

a) Earned \$1500 bonus for making 2020 USA Olympic Trials "A" qualifying standard (2:15:00 or better)

USA CHAMPIONSHIPS WOMEN (gun times)

1. Sara Hall, 34, Redding, CA 2:28:10 \$20,000 + 1500a
2. Roberta Groner, 39, Randolph, NJ 2:30:37 PB 12,500 + 1500a
3. Carrie Dimoff, 34, Portland, OR 2:30:53 PB 9,000 + 1500a
4. Samantha Bluske, 26, Toledo, HO 2:31:55 PB 6,500 + 1500a
5. Kaitlin Goodman, 30, Providence, RI 2:32:08 PB 5,000 + 1500a

a) Earned \$1500 bonus for making 2020 USA Olympic Trials "A" qualifying standard (2:37:00 or better)

Percy Pud 10 km (25th)

Sheffield, GBR, 3 December

(Out-and-back course with rolling hills)

MEN (gun times)

1. Andrew Heyes, Hallamshire Harriers 29:57 CR GBP 1000
2. Steve Franklin, Totley AC 32:34

WOMEN (gun times)

1. Eilish McColgan, Dundee Hawkhill Harriers 32:23 CR GBP 1000
2. Calli Thackery 35:18
3. Sarah Lowery, Sheffield AC 36:26

Asics Firenze Marathon (34th)

Florence, Italy, 26 November

(Distance: 42.195 km; loop course with start and finish at the Piazza del Duomo)

MEN (gun times)

1. Zelalem Bacha Regasa, BRN 2:14:41 € 10,000
[1:04:48 / 1:09:53]
2. Tadesse Temechachu, ETH 2:14:41 6,500
3. Gilbert Kipruto Kirwa, KEN 2:16:18 3,000
4. Moses Mengich, KEN 2:21:38 1,800
5. Ahmed El Mazoury, ITA 2:24:09 1,000 + 250#

WOMEN (gun times)

1. Dire Tune Arissi, ETH 2:28:55 € 10,000
[1:13:49 / 1:15:06]
2. Sorome Negash Amente, ETH 2:29:46 6,500
3. Mesera Hussen Dubiso, ETH 2:32:05 3,000
4. Elinor Kirk, GBR 2:36:22 DB 1,800
5. Euliter Jepchirchir Tanui, KEN 2:40:37 1,000
- ... 7. Holly Rush (40+), GBR 2:51:25 500

Asian Marathon Championships (16th)

Dongguan, CHN, 26 November

(Distance: 42.195 km)

MEN (gun times)

- | | | |
|---------------------------------------|---------|--------|
| 1. Gopi THONAKAL, 1988, IND | 2:15:48 | Gold |
| [1:07:58 / 1:07:50] | | |
| 2. Andrey PETROV, 1986, UZB | 2:15:51 | Silver |
| 3. Byambajav TSEVEENRAVDAN, 1990, MGL | 2:16:14 | Bronze |

WOMEN (gun times)

- | | | |
|-----------------------------|---------|--------|
| 1. KIM Hye-Gyong, 1993, PRK | 2:28:35 | Gold |
| [1:14:54 / 1:13:41] | | |
| 2. Keiko NOGAMI, 1985, JPN | 2:29:05 | Silver |
| 3. JO Un-Ok, 1992, PRK | 2:30:01 | Bronze |

Basler Stadtlauf (35th)

Basel, SUI, 25 November

(Distances: Men, 7.55 km [five-lap course]; women, 5.9 km [four-lap course].)

Note: Tadesse Abraham's streak of six consecutive wins here came to an end, as Julien Wanders took the men's victory in 21:48.7 (Abraham ran the TCS New York City Marathon only three weeks before). --Ed.

MEN

- Julien Wanders, 1996, SUI, 21:48.7
- Simon Tesfay, 1985, SUI, 22:09.5
- Bernard Matheka, 1988, KEN, 22:09.6
- Mohammed Boulama, 1993, MAR, 22:18.8
- Tadesse Abraham, 1982, SUI, 22:26.8

WOMEN

- Helene Bekele Tola, 1994, ETH, 19:32.0
- Cynthia Kosgei, 1993, KEN, 19:38.3
- Corinna Harrer, 1991, GER, 19:55.9
- Selina Büchel, 1991, SUI, 20:13.4

Applied Materials Silicon Valley Turkey Trot/Elite 5 km (13th)

San Jose, USA, 23 November

(Distance/Format: Elite 5 km; certified four-lap course [men and women run separate races].)

ELITE MEN (gun times)

- | | | | |
|---|-------|----|--------|
| 1. Edward Cheserek, 23, KEN | 13:38 | DB | \$2500 |
| 2. Awet Habte Ghebrezghiabher, 20, ERI | 13:42 | | 1500 |
| 3. Emmanuel Bor, 29, Colorado Springs, CO | 13:43 | PB | 850 |
| 4. Haron Lagat, 34, Colorado Springs, CO | 13:49 | | 500 |
| 5. Alex Monroe, 25, Lyons, CO | 13:49 | PB | 250 |

ELITE WOMEN (gun times)

- | | | | |
|-----------------------------------|-------|--|--------|
| 1. Gotytom Gebreslase, 22, ETH | 15:38 | | \$2500 |
| 2. Monicah Ngige, 24, KEN | 15:44 | | 1500 |
| 3. Emily Lipari, 25, Boston, MA | 16:04 | | 850 |
| 4. Sarah Pagano, 26, Brighton, MA | 16:04 | | 500 |
| 5. Marisa Howard, 25, Boise, ID | 16:09 | | 250 |

CROSS-COUNTRY

Cross Internacional de la Constitución (32nd)

Aranda de Duero (Burgos), ESP, 2 December

Senior MEN (9470 m)

- | | |
|--|-------|
| 1. Ayoub Mokhtar El Habri, Nike Running | 29:20 |
| 2. Houssame Bennabbou Azizi, AD Maraton | 29:28 |
| 3. Fernando Carro Morillo, Rioja Añares | 29:36 |
| 4. Daniel Arce Ibanez, Universidad de Burgos | 29:37 |
| 5. Camilo R. Santiago Jimenez, Rioja Añares | 29:40 |

Senior WOMEN (7910m)

- | | |
|--|-------|
| 1. Irene Sanchez Escribano-Figueroa, Playas de Castellón | 28:40 |
| 2. Teresa Urbina Gomez, FC Barcelona | 28:43 |
| 3. Nuria Fernandez, Nike | 28:50 |
| 4. Irene Pelayo Gonzalez | 28:54 |
| 5. Cristina Garcia Catalina, Bikila | 28:56 |

Liverpool Cross Challenge / British Athletics Cross Challenge #3

(incorporating European XC Championships Trials)

Liverpool, GBR, 25 November

SR./U23 MEN (9.8 km)

1. Ben Connor, Derby AC, 30:18
2. Alex Teuten, Southampton AC, 30:20
3. Sam Stabler, Wreake & Soar Valley AC, 30:26
4. Dewi Griffiths, Swansea Harriers AC, 30:27
5. Andrew Butchart, Central AC, 30:37

SR./U23 WOMEN (8.1 km)

1. Emelia Gorecka, Aldershot Farnham & District AC, 27:59
2. Jessica Judd, Chelmsford AC, 28:06
3. Gemma Steel, Charnwood AC, 28:16
4. Elle Vernon, Stockport Harriers & AC, 28:24
5. Lily Partridge, Aldershot Farnham & District AC, 28:26
- ... 9. Steph Twell, Aldershot Farnham & District AC, 28:41

NEWS

FARAH AND HAWKINS TO RACE FIRST ANNUAL BIG HALF

Britain's two fastest half-marathon runners of all time, Mo Farah (59:22) and Callum Hawkins (60:00), will face each other at The Big Half, London's brand new half marathon, on Sunday, 4 March, 2018, reports *Race Results Weekly*. The athletes will use the race as part of their preparations for their chosen spring marathons: the Virgin Money London Marathon for Farah and the Commonwealth Games Marathon (in Gold Coast, Australia) for Hawkins.

Created by London Marathon Events Ltd, the organiser of the Virgin Money London Marathon (in partnership with Sported), the Big Half is a new one-day festival centred around the half-marathon distance. The event "aims to be truly global and uniquely local in a celebration of the wonderful cultural diversity of the great city of London," organisers said.

POLAND TO HOST 2020 IAAF WORLD HALF-MARATHON CHAMPIONSHIPS

The 2020 IAAF World Half-marathon Championships will be held in the Polish port city of Gdynia, reports *Race Results Weekly*. Gdynia is part of the urban 'Tri-City' with Gdansk and Sopot.

Running in Poland has seen tremendous growth in the last ten years, the IAAF said in a statement. Some six million Poles run and there are about 4500 running events staged annually, of which the half-marathon is the most popular distance.

The event date was not disclosed, but the event is typically held the last Saturday in March.

The 2018 IAAF World Half-Marathon Championships will be held in Valencia, Spain, on Saturday, 24 March.

STATS TIME

This week we include a list of the top ten SA women 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 WOMEN

32:22	Dominique Scott-Efurd	5	Boston	25 Jun
32:57	Kesa Molotsane	1	Cape Town	02 Apr
33:05	Irvette van Zyl	2	Cape Town	02 Apr
33:19	Molotsane-2	1	Port Elizabeth	06 May
33:23	Van Zyl-2	2	Port Elizabeth	06 May
33:27	Scott-Efurd-2	5	Durban	08 Oct
33:31	Molotsane-3	2	Durban	11 Jun
33:36	Lebogang Phalula	3	Cape Town	02 Apr
33:38	Molotsane-4	1	Nelspruit	04 Nov
33:43	Mapaseka Makhanya	3	Port Elizabeth	06 May
33:47	Cornelia Joubert	4	Cape Town	02 Apr
33:52	Nolene Conrad	4	Port Elizabeth	06 May
33:56	Glenrose Xaba	6	Durban	11 Jun
34:09	Van Zyl-3	1	Johannesburg	09 Aug
34:11A	Scott-Efurd-3	10	Falmouth Heights	20 Aug
34:21	Molotsane-5	1	Pietermaritzburg	20 Aug
34:26	Jenna Challenor	9	Cape Town	02 Apr
34:36	Van Zyl-4	1	Pretoria	05 Aug
34:37	Van Zyl-5	3	Pietermaritzburg	20 Aug
34:43	Christine Kalmer	10	Cape Town	02 Apr

THIS MONTH IN HISTORY

61 years ago: 1 December 1956

The heats of the 1500 metres at the Olympic Games in Melbourne put paid to the hopes of the defending champion, Josy Barthel (LUX), as well as such stars as world record holder István Rózsavölgyi (HUN), Ingvar Ericsson (SWE) and Dan Waern (SWE), who were all eliminated. On this day in the final New Zealand's Murray Halberg, who would win the 5000 m four years later, took the early lead and held it for the first two laps. John Landy (AUS) ran in the middle of the field, with Ireland's Ron Delany tenth. After three laps Britain's Brian Hewson took over, but Delany was gaining ground, passing everyone, and finally

Hewson with just more than 100 m to go. From there he was unstoppable, and although behind him Landy produced the best finishing kick of his career, the Aussie could not catch Klaus Richtzenhain (GER) for the silver. Delany's first three laps were 60.0, 61.4 and 61.0, but his last 300 m was a scorching 38.8, and his last lap 53.8. He won in 3:41.2 for an Olympic record, with Richtzenhain and Landy both clocking 3:42.0. (The 1956 edition is the only Games ever held in December. Only one other distance event in Melbourne, the marathon, was held in the last month of the year; we'll look at this race next week.)

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)		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

100 km	2:08:46 11:04:47 6:18:24	Andres Espinosa (MEX) 2003 Johannes Joseph Cape Town Mario Ardemagni (ITA) 2004	22 Jul
<u>Masters (50+)</u>			
10 km	33:20 30:35	Makaya Masumpa Port Elizabeth Tecwyn Davies (GBR) 1988	22 Apr
15 km	52:48 47:52	Reginald Ngobese Vanderbijlpark Titus Mamabolo (RSA) 1991	08 Feb
21.1 km	73:02 66:42	Makaya Masumpa Port Elizabeth Martin Rees (GBR) 2003	24 Jun
25 km	97:58A 98:49	Basie Bonaparte Somerset East Joseph Ndlovu 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 Sasolburg Titus Mamabolo (RSA) 1991	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 Pinelands Martin Rees (GBR) 2013	25 Feb
15 km	60:24 54:32	Mochamat Kriel Ravensmead Cees Stolwijk (NED) 2013	18 Mar
21.1 km	87:51 71:31	Thomas Moses Port Elizabeth Martin Rees (GBR) 2013	24 Jun
25 km	1:54:07A 1:58:06 94:01	Devilliers Oberholzer Pinetown Theo Bohnen Pretoria Doug Winn (USA) 2010	29 Jan 06 May
30 km	2:10:11 1:57:07	Kosie Botha Parow Ed Whitlock (CAN) 1994	26 Mar
Marathon	3:02:09 2:36:30	Alan Taylor Port Elizabeth Yoshihisa Hosaka (JPN) 2009	02 Dec
100 km	12:52:48	Ratlali Finger Cape Town	22 Jul
<u>Great grandmasters (70+)</u>			
10 km	42:35 37:33	Pele Tshikundamalema Pretoria Ed Whitlock (CAN) 2004	18 Feb
15 km	64:04 58:19	Jeff Smith Constantia Ed Whitlock (CAN) 2001	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Pretoria Ed Whitlock (CAN) 2001	08 Apr
25 km	1:56:09 99:59	Elias Raphulu Pretoria Clive Davies (USA) 1985	06 May
30 km	2:51:20 2:00:56	Anthony Riddick Parow Ed Whitlock (CAN) 2001	26 Mar
Marathon	3:37:53 2:54:49	Elias Raphulu Centurion Ed Whitlock (CAN) 2004	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 Goodwood Richard Chelimo (KEN) 1990	30 Sep
15 km	49:31 42:25	Sivuyile Selani Port Elizabeth Moses Mosop (KEN) 2004	25 Mar
21.1 km	68:26 59:16	Aphelele Nkonyana Port Elizabeth Samuel Wanjiru (KEN) 2005	24 Jun

WOMENOpen

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	1:59:01	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	2:35:21	Nolene Conrad	Valencia	19 Nov
	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		

Veterans (40+)

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	2:52:33	Melanie van Rooyen	Port Elizabeth	02 Dec
	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		

Masters (50+)

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	2:27:20	Olga Howard	Parow	26 Mar
Marathon	3:17:37	Christine Claasen	Port Elizabeth	02 Dec
	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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