

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

The 44th edition of the Fry's Hohenort 15 km in Constantia, Cape Town, was won by Siboniso Soldaka in 47:27 and Anel Terblanche in 58:30. Unfortunately the distance of this race is uncertain because of changes in the route in the week before the race, so the times are suspect.

In another well-known 15 km this weekend, the Woodlands Dairy race in Jeffreys Bay, Melikhaya Frans and Ntombesintu Mfunzi took the titles in 46:42 and a quick 56:57 respectively.

On the last day of the year a large German contingent participated in the 45th running of the aQuellé Runners' Memorial 8 km in Cape Town, but the winners were South Africans: 16-year-old Oliver Stewart in 25:43 and Natalie Beckenstrater in 30:49. A few days before, Beckenstrater had also won the 25th edition of the Tokai Manor House 16 km.

This first issue of the 18th year of *Distance Running Results* is, as usual, quite a big one and brings you up to date with the results of races since the last issue of 2017.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Fry's Hohenort 15 km, Constantia
- * Woodlands Dairy 15 km, Jeffreys Bay
- * aQuellé Runners' Memorial 8 km, Cape Town
- * Old Year's Road Race, Pretoria
- * Danger Point Half Marathon & 10 km, Gansbaai
- * Tokai Manor House Run, Tokai
- * FinGlobal Onrus 10 km, Onrus
- * Growthpoint Properties Sundowner 10 km, Cape Town

- * Velocity AC Half Marathon & 10 km, Atlantis
- * The Big Hill Half Marathon & 10 km, Ballito
- * Run for Unity 10 km, Guguletu
- * Drommedaris 10 km, Jeffreys Bay
- * Avbob 15 km, Table View
- * Prison to Prison Marathon & Half Marathon, Rawsonville

International highlights:

- * Marshfield Road Runners New Year's Day Marathon, Marshfield, USA
- * San Silvestre Vallecana, Madrid, ESP
- * Corsa Internazionale di San Silvestro "Boclassic", Bolzano, ITA
- * Peurbacher Raiffeisen Silvesterlauf, Peurbach, AUT
- * Corrida Pedestre Internationale de Houilles 10 km, Houilles, FRA
- * Ribble Valley 10 km, Clitheroe, Lancashire, GBR
- * Sanyo Women's Road Race, Okayama, JPN
- * Hofu Marathon, Hofu, JPN
- * Tata Steel Kolkata 25 km, Kolkata, IND
- * Ziwa Farmers 10 km, From Kabenos Road to Ziwa Center, KEN
- * Meia-Maratona dos Descombrimentos, Lisbon, POR
- * XC: Cross International Venta de Baños, Venta de Baños, ESP
- * Track: Zatopek:10, near Melbourne, AUS

ROAD RUNNING

Fry's Hohenort 15 km (44th)

Constantia, 6 January

(New loop course [see note below], very hilly. Finishers: 2155 [down from 2387 last year].)

Note: This race was most likely short of 15 km. The course was changed a couple of times in the week before the race and was not measured correctly, according to DRR's information. -- Ed.

MEN

1. Siboniso Soldaka (CPUT) 47:27 (R1500)
2. Vuyolwethu Mbukushe (Gugs) 48:04 (R900)
3. Mthandazo Qhina (Ned) 48:11 (1st vet) (R600)

(All age category prize money was the same: R 800, R550, R400.)

Veterans: 1. Mthandazo Qhina (Ned) 48:11; 2. Tsungai Mwanengeni (ZIM/Gugs) 51:18; 3. Vakalisa Kopolo (Ned) 51:59. **Masters:** 1. John September (Itheko) 56:18; 2. Johnny Persents (Edge) 56:48; 3. Steve Motau (Itheko) 57:54. **G'masters:** 1. Mochamat Kriel (Ommie) 62:40; 2. Robert Arnold (Top) 65:59; 3. Eise Geerst (Bell) 68:46. **G/g'masters:** 1. Jimmy Morris (For) 70:09; 2. Ronnie le Roux (Brack) 84:11; 3. Gideon Malherbe (Celtic) 88:01. **Juniors:** 1. Siyabonga Mathe (East) 53:35; 2. Ayabulele Bodla (VOB) 56:11; 3. Litheba Bhebha (VOB) 62:51

WOMEN (Same prize money as men)

1. Anel Terblanche (KPMG) 58:30
2. Fortunate Chidzivo (ZIM/Ned) 59:27
3. Ebeth Marais (Carb) 59:46

Veterans: 1. Bulelwa Simae (Ned) 64:34; 2. Jen Brown (WC) 64:54; 3. Ursula Frans (Ned) 65:47. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 65:50; 2. Olga Howard (Ned) 69:46; 3. Sandra Kohnert (Edge) 70:13. **G'masters:** 1. Nancy Will (Pine) 71:05; 2. Charmaine Cupido (Ned) 79:44; 3. Christine Hibberd (FH) 83:40. **G/g'masters:** 1. Marietha Herbert (Bell) 85:31; 2. Pixie Sparg (Celtic) 90:08; 3. Chippy Steel (Hout) 99:55. **Juniors:** 1.

Razaan Kamaldien (Carb) 70:51; 2. Aneliswa Maqute (VOB) 83:03; 3. Sophia Els (Bell) 84:45.

Woodlands Dairy 15 km

Jeffreys Bay, 6 January

(Hilly loop course. Finishers: 469 [down from 505 last year].)

MEN

1	Melikhaya	Frans	Ikhamva AC	27	46:42
2	Andile	Motwana	Tinarha AC	21	49:30
3	Luyanda	Tshangana	Ikhamva AC	34	50:12
4	Gift	Chigomarawa	ZIM/Nedbank RC	30	51:20
5	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	51:33
6	Masande	Mlonyeni	Charlo AC	37	52:31
7	Zolani	Mabhongo	Ikhamva AC	31	53:19
8	Lubabalo	Mdlungwane	Ikhamva AC	27	54:08
9	Xolisa	Ndlumbini	Vukani MS Club	35	54:19
10	Zolani	Ngqqaqa	Tinarha AC	29	55:00
11	Mncedi	Khanti	Tinarha AC	38	55:19
12	Zamubuntu	Teyise	Charlo AC	41	55:57
13	Desmond	Zibi (1st mast)	Achilles AAA	54	56:55
14	Anele	Voorman (1st jun)	Nedbank RC	17	59:29
15	Juan	Cordier	Kowie Striders	32	59:50
16	Darrell	Wicht	Madiba BW	54	1:01:40
17	Daryl	North	Achilles AAA	40	1:01:46
18	Thembekile	Msipa	Charlo AC	43	1:02:05
19	Ian	Smit	Temp	35	1:02:16
20	Valentino	Verwey	Schools EPA	15	1:02:19

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	41	51:33
2	Zamubuntu	Teyise	Charlo AC	41	55:57
3	Daryl	North	Achilles AAA	40	1:01:46

45-49:

1	Werner	Olckers	Temp	47	1:09:34
2	Andrew	Porter	Achilles AAA	46	1:10:22
3	Rudi	Van Tonder	Elite AC	45	1:11:08

50-54:

1	Desmond	Zibi	Achilles AAA	54	56:55
2	Darrell	Wicht	Madiba BW	54	1:01:40
3	Welcome	Loliwe	Nedbank RC	53	1:02:28

55-59:

1	Kenneth	Menze	Bluewater Bay	56	1:05:30
2	Stephen	Mccarthy	Edgemead Runnin	56	1:09:16
3	Andre	Willemse	Elite AC	59	1:13:39

60-64:

1	Sticks	Stiglingh	Kowie Striders	63	1:07:35
2	At	Schoeman	Nedbank RC	61	1:16:34
3	George	Meiring	Muirite Strider	61	1:17:28

65-69:

1	Eddie	Eades	Nedbank RC	68	1:21:13
2	Graham	Channon	Achilles AAA	68	1:23:41
3	Armin	Brandle	Charlo AC	65	1:24:30

70-74:

1	Lochi	Lochner	Charlo AC	70	1:17:04
2	Thembisile	Ntoni	PEAAC	70	1:37:33

3	Andre	Fourie	Nedbank RC	70	1:41:39
75-79:					
1	Tamsanqa	Jusayi	Nedbank RC	75	1:14:45
2	Godfrey	Kariem	Gelvan AC	77	1:54:00
3	Henry	Human	VWAC	78	2:03:51
Juniors:					
1	Anele	Voorman	Nedbank RC	17	59:29
2	Valentino	Verwey	Schools EPA	15	1:02:19
3	Elroy	Claassen	Charlo AC	17	1:21:04
WOMEN					
1	Ntombesinthu	Mfunzi	Nedbank RC	36	56:57
2	Charné	Bosman (1st vet)	Nedbank RC AGN	42	58:02
3	Ndileka	Mvakwendlu	Tinarha AC	27	1:03:16
4	Liza-Marie	Kingston	Nedbank RC	35	1:06:47
5	Christine	Claasen (1st mast)	Achilles AAA	53	1:07:58
6	Terray	Newcombe	Elite AC	26	1:12:48
7	Vicky	Oelofse (1st jun)	St Albans AC	17	1:13:02
8	Teresa	Heasley	Temp	44	1:16:35
9	Luthando	Nxanisa	Madibaz AC	25	1:17:13
10	Danika	Scheepers	Temp	37	1:17:18
11	Grizelda	Pietersen	Nedbank RC	49	1:18:41
12	Wilmeri	Potgieter	Temp	26	1:19:09
13	Ludine	Williams	St Albans AC	30	1:19:44
14	Carmen	Schaefer	Born 2 Run	39	1:20:36
15	Buyelwa	Kobokana	Nedbank RC	52	1:20:59
16	Lindi	Van Tonder	Charlo AC	39	1:22:16
17	Belinda	Van Zyl	Temp	32	1:22:25
18	Melanie	Weidemann	VWAC	32	1:22:39
19	Melanie	Tiran	32Gi EP AC	28	1:23:00
20	Lesley Ann	Bush	Despatch AC	45	1:23:11
40-44:					
1	Charné	Bosman	Nedbank RC AGN	42	58:02
2	Teresa	Heasley	Temp	44	1:16:35
3	Amanda	Prideaux	Bluewater Bay	42	1:29:00
45-49:					
1	Grizelda	Pietersen	Nedbank RC	49	1:18:41
2	Lesley Ann	Bush	Despatch AC	45	1:23:11
3	Yvette	Jonker	Despatch AC	45	1:25:34
50-54:					
1	Christine	Claasen	Achilles AAA	53	1:07:58
2	Buyelwa	Kobokana	Nedbank RC	52	1:20:59
3	Evan	Barnardo	Nedbank RC SWD	51	1:31:55
55-59:					
1	Charmaine	Van Der Walt	Bloemfontein AC	58	1:24:35
2	Laura	Maritz	Infinity AC	57	1:25:32
3	Rosemary	Joubert	32Gi EP AC	57	1:27:02
60-64:					
1	Nicki	Van Niekerk	Muirite Strider	63	1:53:13
2	Noleen	Norris	Gelvan AC	60	1:53:59
3	Stephanie	Hay	Infinity AC	62	1:57:57
65-69:					
1	Cora	Van Der Wath	Temp	67	1:35:53
2	Maggie	Langlands	St Francis RC	69	2:12:57
70-74:					
1	Ronelle	Steyn	Nedbank RC	73	1:43:11

2	Denise	Terblanche	Infinity AC	70	1:56:52
3	Val	Sandow	Profiles AC	72	2:31:53

Juniors:

1	Vicky	Oelofse	St Albans AC	17	1:13:02
2	Zene	Gerber	Madibaz AC	16	1:40:03
3	Nicola	Wiid	Temp	16	1:43:56

aQuellé Runners' Memorial 8 km (45th)

Cape Town, 31 December

(Certified two-loop course – a small and a big loop. Weather: cool, light breeze which became stronger. Finishers: 1370 [up from 1191 last year].)

MEN

1	Oliver	Stewart	AAC	16	25:43
2	Andrew	Louw	Easterns	25	27:19
3	Daniel	Mannweiler	GER	38	27:28
4	Khaya	Jara	Brackenfell	37	27:34
5	Siyanda	Maxabela	Khayelitsha	27	28:41
6	A.N.	Other			29:04
7	Aubrey	Makhubo	West Coast	27	29:07
8	Johnson	Migwi	Temp	39	29:45
9	Manou	Bleumink	West Coast	35	29:47
10	Johan	van Zyl	Bellville	40	29:53

WOMEN

1	Natalie	Beckenstrater	West Coast	35	30:49
2	Carina	Swiegers	Tuks	22	31:08
3	Sharon	Sunderland	Nedbank	45	34:04
4	Katya	Simonov	GER	16	34:18
5	Alexandra	Sudermann	GER	14	34:54
6	Smilla	Maier	GER	15	34:55
7	Mona	Laaroussi	GER	15	35:03
8	Judith	Rippin	GER	14	36:04
9	Lucca	Kost	GER	15	36:24
10	Marné	Nel	Tygerberg	11	36:26

Old Year's Road Race

Pretoria, 31 December

(Distance: 10 km; certified, undulating loop course. Finishers: 742.)

MEN

1	S	Segoaba	34		33:12
2	V	Kipchirchir		KEN/Nedbank	34:05
3	B	Dube		Bootcamp	34:46
4	A	Badenhorst	27	Born2Run	34:57
5	P	Buthelezi	24	KPMG	35:33

40-49:

1	Moses NJUGUWA	Temp	35:36
2	Timothy RASHWANA	Bophelong	38:07
3	Colin WITBOOI	PMMC	39:30

50-59:

1	Tidimalo MODIGA	My-Way Warriors	36:57
2	Nel MTSWENI	Eskom AMPU	37:06
3	Arthur WOODRIDGE	Vitality	39:36

60-69:

1	David MAPHANGULU	FPN	41:34
2	Temba NGAKU	ACE	49:01

70-79:

1	Iain MCFAYDEN	Irene	59:27
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Juniors:

1	Thato SETSHOHO	Bophelong	37:10
2	Dylan STASSEN	Montana HS	40:37

WOMEN

1	S Weitz	18	Boxer	42:03
2	C Skosana	37	Boxer	42:43
3	M Brink	36	KPMG	43:50
4	F Landman	34	KPMG	45:37
5	M Smal	34	Magnolia	46:51

40-49:

1	Linah MHLONGO	Eskom	47:33
2	Belinda STEPHENS	PPMK	50:02
3	Mandy ATKINS	Agape	55:20

50-59:

1	Maria GENDANA	MCCRR	47:11
2	Connie BLOM	Runavation	52:18
3	Elayne OSSIP	Phobians	54:37

60-69:

1	Joey CLOETE	Irene	56:29
2	Gizelle GEYER	Phobians	1:02:58

70-79:

1	None		
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80+:

1	Deidre LARKIN	Randburg Harriers	1:14:06
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Juniors:

1	Simonay WEITZ	Boxer	42:03
2	Izanne PRINSLOO	FPN	48:06

Danger Point Half Marathon & 10 km

Gansbaai, 30 December

(Distances: 21.1 km & 10 km; loop courses, partly on gravel and on beach. Finishers: half marathon – 505 [up from 419 last year]; 10 km – 352 [slightly down from 382].)

Note: The times were indicated in hundredths of a second and rounded up by DRR according to the rules. -- Ed.

Half marathon**MEN**

1	Gershwin	Kammies	Sanlam	1:23:46
2	Morné	Kammies	Sanlam	1:27:28
3	Warren	Jeppe	Kway VOB	1:27:31

40-49

1	Johan	van Zyl	Bellville	1:32:13
2	Jasper	Cloete	Stellenbosch	1:33:49
3	Sean	Privett	Whalers	1:35:30

50-59

1	Timothy	Hess	Easterns	1:29:52
2	Kobus	Oostehuizen	Wellington	1:35:34

3	Andries	Vermeulen	Worc	1:37:55
60-69				
1	Ron	Brink	Strand	1:44:12
2	Sam	Kotze	Nedbank WP	1:50:05
3	Thys	Bouwer	Sanlam	1:50:46
70+				
1	Kek	Verster	Whalers	1:58:00
2	Eric	Bolaman	K-Way VOB	2:00:13
3	Les	Hanna	Whalers	2:13:57
Juniors				
1	Justin	Brown	Benoni High	1:30:55
2	Nolan	Hanekom	Durbac	1:46:57
3	Christo	Joubert	Brackenfell	1:35:30
WOMEN				
1	Candyce	Hall	Carbineers	1:37:41
2	Tanya	Posthumus-Fox	Century City	1:39:18
3	Ester	Brink	Carbineers	1:41:13
40-49				
1	Ann Mareé	Mostert	Temp	1:42:26
2	Heather	Walden	Temp	1:42:28
3	Melani	Parker	Pinelands	1:46:24
50-59				
1	Ester	Brink	Carb	1:41:13
2	Cailey	Bredenkamp	Paarl	2:01:24
3	Maryna	Bingle	CMS	2:04:11
60-69				
1	Nancy	Will	Pinelands	1:51:46
2	Carol	de Watt	Wingate	2:14:50
3	Klippias	van Rooyen	Strand	2:25:11
70+				
1	Marlene	James	Pinelands	2:42:19
2	Marie	Hill	Ceres	3:10:19
Juniors				
1	Jana	Le Roux	KPMG	1:46:42
2	Nel	Singleton	Worc	2:10:29
10 km				
MEN				
1	Alantino	Belillie	Sanlam	34:50
2	Justin	Claasen	Durbanville	35:13
3	Luan	Munnik	Affies	35:18
40-49				
1	Boyce	?	Temp	56:06
50-59				
1	Steven	Parkins	Tygerberg	43:14
60-69				
1	Neil	Ebing	WPCC	53:21
70+				
1	Roelof	van Weele	Whalers	57:03
Juniors				
1	Alantino	Belillie	Sanlam	34:50
WOMEN				
1	Nicolene	Hanekom	Temp	41:29

2	Marion	Serfontein	Temp	41:49
3	Jeannie	de Beer	Runavation	43:07

40-49

1	Marion	Serfontein	Temp	41:49
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50-59

1	Louise	Erasmus	Whalers	50:33
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60-69

1	Helen	du Plessis	Brackenfell	59:07
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70+

1	Helen	van der Walt	Berts Bricks	1:24:56
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Tokai Manor House Run (25th)

Tokai, 26 December

(Distance: 16 km; loop course on gravel and forest trails; hilly. Finishers: 844 [up from 814 last year]; also 328 in the 8 km.)

Note: The first two runners to finish ran short, so are disregarded in these results. See also further note below. -- Ed.

MEN

1	Dylan	Stevenson	Maties	22	59:12
2	Admire	Rushika*	ZIM/VOB	31	59:22
3	Ashley	Smith	MSA Multisport	21	1:01:54
4	Nick	Tinkler	Temp	24	1:02:18
5	Leouhaud	Lukasheck	Temp	26	1:03:21

*) This runner ran too far, so in reality should have been first.

WOMEN

1	Natalie	Beckenstrater	West Coast	35	1:07:55
2	Katya	Suggot	Temp	42	1:08:41
3	Natalie	Mullany	Born 2 Run	29	1:11:57
4	Candyce	Hall	Carbineers	33	1:13:23
5	Tanya	Marshall	Temp	23	1:15:23

FinGlobal Onrus 10 km (21st)

Onrus, 23 December

(Loop course. Weather: cool early on, warm later, light breeze. Finishers: 429 [considerably up from 294 last year].)

Note: The finisher total was the highest since the 443 in 2013. – Ed.

MEN

1	Alantino	Belillie (1st jun)	Sanlam	33:08	R500
2	Barry-John	Pienaar	Sanlam	33:28`	R300
3	Jimmy	Bonjesi	Whalers	33:40	R200

(All age category prize money except 70+ was the same: R200, R150, R100.)

Veterans:

1	Shawn	Abrahams	Kuilsrivier	34:56
2	Gavin	McCarthy	Edgemead	39:14
3	Mark	Kavanagh	Whalers	41:08

Masters:

1	John	September	Itheko	37:53
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2	Peter	Wrench	Carbineers	42:10
3	Frank	Gillion	Whalers	43:12

G'masters:

1	Neil	Ebing	WPCC	51:23
2	Brian	Rothman	Brackenfell	52:47
3	Jan	Roos	Temp	52:53

G/g'masters:

1	Kêk	Verster	Whalers	48:51	R150
2	Roelof	van Weele	Whalers	56:18	R100

Juniors:

1	Alantino	Belillie	Sanlam	33:08
2	Justin	Claasen	Durbanville	37:09
3	Kurth	Nkente	Kuilsrivier	39:28

WOMEN (Same prize money as men)

1	Candyce	Hall	Carbineers	39:34
2	Mia	Bosman	Stellenbosch	40:29
3	Tanya	Posthumus-Fox	Century City	40:31

Veterans:

1	Sharon	Sunderland	Nedbank	44:59
2	Elizabeth	Brink	Durbac	46:19
3	Marietjie	de Vries	Strand	47:12

Masters:

1	Marie	Louw	Century City	45:47
2	Tersie	Bosman	Temp	46:15
3	Paola	Vignani	VOB	50:03

G'masters:

1	Carole	de Waal	Wingate Roadrunners	53:13
2	Helen	du Plessis	Brackenfell	57:51
3	Glenda	Theobald	Whalers AC	62:18

G/g'masters:

1	Veronica	van Niekerk	EGA	53:17
2	Arlene	Ehrenberg	Whalers	86:03

Juniors:

1	Jana	le Roux	Temp	46:18
2	J	Rothman	Temp	46:26
3	Jansie	Slabbert	Temp	50:52

Growthpoint Properties Sundowner 10 km

Cape Town, 20 December

(Certified loop course with 2 km out-and-back section at beginning and end. Finishers: 2606 [up from 2252 last year].)

MEN

1	Jeromy	Andreas	UJ	25	30:08
2	Anthony	Timoteus	UWC	22	30:20
3	Nkosinathi	Madyo	Itheko		30:26
4	Vuyolwethu	Mbukushe	Gugs	26	30:57
5	Siboniso	Soldaka	CPUT	27	31:25

Veterans:

1	Tsungai	Mwanengeni	ZIM/Gugs	45	33:19
2	Shawn	Abrahams	Kuils River	47	34:03
3	Vakalisa	Kopolo	Nedbank		34:36

Masters:

1	Johnny	Persents	Edgemead	50	35:44
2	John	September	Itheko		36:13
3	Steve	Motau	Itheko		36:31

G'masters:

1	Mochamat	Kriel	Ommiedraai	64	39:48
2	Robert	Arnold	Top Form	60	42:10
3	Eise	Geerts	Bellville	62	43:34

G/g'masters:

1	Oloff	Crous	Brackenfell	72	58:18
2	Yusuf	Gamiel dien	Itheko	76	59:54
3	Kaare	James	Pinelands	74	1:05:57

Juniors:

1	Alantino	Belillie	Sanlam	19	34:01
2	Justin	Claasen	Durbac	19	35:40
3	Ayabulela	Bodlo	VOB	17	36:03

WOMEN

1	Fortunate	Chidzivo	ZIM/Nedbank	30	36:34
2	Olga	Firsova	USA		36:46
3	Ebeth	Marais	Carbineers	22	37:59
4	Obertina	Kanyongo (1st mast)	ZIM/Nedbank	50	41:14
5	Linda	Kinloch-Smith (1st vet)	Bellville	40	41:41

Veterans:

1	Linda	Kinloch-Smith	Bellville	40	41:41
2	Busisiwe	Matiwane	Nedbank	42	43:17
3	Bulelwa	Simae	Nedbank	40	43:38

Masters:

1	Obertina	Kanyongo	Nedbank	50	41:14
2	Ester	Brink	Carbineers	52	41:59
3	Lynette	Fischer	Phobians	59	47:15

G'masters:

1	Nancy	Will	Pinelands	65	44:42
2	Hilary	Rhode	Edgemead	61	53:52
3	Denise	Johannes	Spartan	60	56:41

G/g'masters:

1	Marietha	Herbert	Bellville	73	55:35
2	Pixie	Sparg	Celtic	73	57:04
3	Marlene	James	Pinelands	73	1:03:11

Juniors:

1	Emihle	Mbinda	VOB	14	45:14
2	Tylo	Cumberlande	Fitness From Africa		45:40
3	Gianna	Marais	Maties		46:46

Velocity AC Half Marathon & 10 km

Atlantis, 17 December

(Distances: 21.1 km – loop course with separate out-and-back section; 10 km – loop course. Finishers: half marathon -- 250 [up from 187 last year]; 10 km -- 112 [up from 73].)

Note: Second race on two consecutive days here for Mthandazo Qhina, Vakalisa Kopolo, John September, Mochamat Kriel, Fortunate Chidzivo, Obertina Kanyongo, Nancy Will and Pixie Sparg (all in the half marathon), and Steve Motau, Siyabonga Mathe, Busisiwe Matiwane, Sharon Sunderland, Mariëtte Strauss, Charmaine Cupido and Marietha Herbert (in the 10 km). They all raced the Reconciliation Day 10 km the day before as well. -- Ed.

Half marathon

MEN

1. Mthandazo Qhina (Ned) 1:09:27 (1st vet)
2. Admire Rushika (ZIM/VOB) 1:09:52
3. Vakalisa Kopolo (Ned) 1:10:39

Veterans: 1. Mthandazo Qhina (Ned) 1:09:27; 2. Vakalisa Kopolo (Ned) 1:10:39; 3. Sihle Mapukata (Ned) 1:10:47. **Masters:** 1. John September (Itheko) 1:26:48; 2. Isaac Manuel (Edge) 1:29:44; 3. Gary Britz (WC) 1:35:32. **G'masters:** 1. Mochamat Kriel (Ommie) 1:29:58; 2. Andy Cockroft (Edge) 1:51:56; 3. Chris Lourens (Brack) 1:52:58.

G/g'masters: 1. Willy Liebetrau (RWFL) 2:47:03.

WOMEN

1. Fortunate Chidzivo (ZIM/Ned) 1:21:09
2. Ivy Gongqa (Ned) 1:33:15
3. Obertina Kanyongo (ZIM/Ned) 1:35:15 (1st mast)

Veterans: 1. Rushdah Tregonning (Hewat) 1:58:30; 2. Latasha Sidone (Ned) 2:03:22; 3. Zethena October (Ravens) 2:09:19. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:35:15; 2. Cailey Bredenkamp (Paarl) 1:54:15; 3. Zita Brandon (WC) 2:00:38. **G'masters:** 1. Nancy Will (Pine) 1:44:20; 2. Ann Williams (PnP) 2:21:04; 3. Cecily Michaels (Held) 2:43:17. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:09:11.

10 km

MEN

1. Akhona Makila (Ind) 33:03
2. Andrew Louw (East) 33:03 [corect]
3. Tsungai Mwanengeni (ZIM/Gugs) 33:18 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 33:18; 2. Neo Molema (Ned) 36:09; 3. Marius Nel (WC) 44:27. **Masters:** 1. Steve Motau (Itheko) 39:41; 2. Gerald Sullivan (Sanlam) 41:01; 3. Peter Wrensch (Carb) 41:30. **G'masters:** 1. Sam Kotze (Ned) 48:20; 2. Brian Merryweather (GBR/Edge) 56:06; 3. Jan du Plessis (Held) 1:53:26. **G/g'masters:** 1. Robin Dennis (Edge) 77:08. **Juniors:** 1. Siyabonga Mathe (East) 35:53; 2. Ayabulela Bodlo (VOB) 37:27; 3. Monwabisi Magwa (Sanlam) 38:43.

WOMEN

1. Anel Terblanche (KPMG) 38:49
2. Natalie Beckenstrater (WC) 41:01
3. Anna Bungu (Gugs) 43:07

Veterans: 1. Busisiwe Matiwane (Ned) 43:47; 2. Sharon Sunderland (Ned) 44:21; 3. Renata Schoeman (CMC) 46:28. **Masters:** 1. Mariëtte Strauss (Tyger) 44:10; 2. Desiree Rex (Atlantis) 54:35; 3. Edwina Fransman (Sanlam) 71:13. **G'masters:** 1. Charmaine Cupido (Ned) 52:45; 2. Helen du Plessis (Brack) 61:35; 3. Theresa Jordaan (VOB) 69:22. **G/g'masters:** 1. Marietha Herbert (Bell) 57:41. **Juniors:** 1. Mia Zgerski (WC) 45:01; 2. Petriaan Moses (Velo) 54:58.

The Big Hill Half Marathon & 10 km

Ballito, 17 December

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 533; 10 km -- 293.)

Half marathon

MEN

1. Sipho Mbanjwa (Boxer), 23, 1:08:00

2. Vumani Mlaba (Etheke), 24, 1:09:07
3. Sithembele Fanekho (Ned), 26, 1:10:26

Veterans: 1. Bernard Phalatsane (Phant), 41, 1:19:21. **Masters:** 1. Michael Ndlovu (Etheke), 50, 1:20:02. **G'masters:** 1. Craig Speirs (River), 62, 2:06:03.

WOMEN

1. Nonsikelelo Mbambo (Carb), 39, 1:38:16
2. Desiree Briedenhann (ZMS), 33, 1:44:47
3. Manuela Diener (Sav), 39, 1:47:38

Veterans: 1. Chantal Nosworthy (DR), 43, 1:51:52. **Masters:** 1. Joanne Gibb (Ind), 51, 1:52:36. **G'masters:** 1. Maureen Parry (Chilt), 71, 2:35:10.

10 km

MEN

1. Bonginkosi Zwane (Boxer), 26, 30:44
2. Simphiwe Zulu (Holly), 40, 31:31 (1st vet)
3. Nhlakanipho Ndaba (Etheke), 19, 33:45

Veterans: 1. Simphiwe Zulu (Holly), 40, 31:31. **Masters:** 1. Willie Siphon Majombozi (Boxer), 54, 40:06. **G'masters:** 1. Raymond Davies (RAC), 69, 52:13. **Juniors:** 1. Jabulani Majombozi (Boxer), 17, 36:15.

WOMEN

1. Slindile Chili (Etheke), 23, 38:16
2. Nokuthula Ntshangase (Sav), 25, 41:13
3. Geraldine von Fintel (ZMS), 41, 41:39 (1st vet)

Veterans: 1. Geraldine von Fintel (ZMS), 41, 41:39. **Masters:** 1. Karen Bargate (Vital), 59, 54:37. **G'masters:** 1. Patricia Fisher (Stella), 65, 56:55. **Juniors:** 1. Neliswa Biyela (Ned), 18, 42:01.

Run for Unity 10 km

Guguletu, 16 December

(Certified loop course. Finishers: 1739 [huge increase from 1160 last year].)

Note: Repeat victories here for Jeromy Andreas and Zintle Xiniwe. -- Ed.

MEN

1. Jeromy Andreas (TUT) 30:06
2. Anthony Timoteus (UWC) 30:07
3. Milton Kekana (TUT) 30:12
4. Collen Mulaudzi (TUT) 30:31

Veterans: 1. Mthandazo Qhina (Ned) 31:45; 2. Vakalisa Kopolo (Ned) 33:38; 3. Shawn Abrahams (Kuils) 33:42. **Masters:** 1. John September (Itheke) 35:56; 2. Johnny Persents (Edge) 36:06; 3. Steve Motau (Itheke) 37:37. **G'masters:** 1. Mochamat Kriel (Ommie) 39:38; 2. Ron Brink (Strand) 45:17; 3. Brian Collier (AAC) 46:06. **G/g'masters:** 1. Blake Wilkins (AAC) 49:42; 2. Malcolm Rhodes (Pine) 61:29. **Juniors:** 1. Tashnew Damons (CPUT) 32:53; 2. Alantino Belillie (Sanlam) 33:28; 3. Siyabonga Mathe (East) 33:33.

WOMEN

1. Zintle Xiniwe (KPMG) 35:59
2. Fortunate Chidzivo (ZIM/Ned) 36:02
3. Vuyiseka Nkumenge (Ned) 37:54

4. Ester Brink (Carb) 40:40 (1st mast)

Veterans: 1. Busisiwe Matiwane (Ned) 43:29; 2. Sharon Sunderland (Ned) 43:38; 3. Veruschka Kolbe (IT) 45:23. **Masters:** 1. Ester Brink (Carb) 40:40; 2. Obertina Kanyongo (ZIM/Ned) 41:00; 3. Mariëtte Strauss (Tyger) 43:28. **G'masters:** 1. Nancy Will (Pine) 46:32; 2. Charmaine Cupido (Ned) 49:50; 3. Hilary Rhode (Edge) 50:18. **G/g'masters:** 1. Marietha Herbert (Bell) 54:08; 2. Pixie Sparg (Celtic) 57:05. **Juniors:** 1. Amahle Dintsi (VOB) 42:37; 2. Kirsten Roodman (VOB) 43:28; 3. Razaan Kamaldien (Carb) 45:08.

Drommedaris 10 km

Jeffreys Bay, 16 December
(Finishers: 345.)

MEN

1	Mariano	Eesou	Madibaz AC	26	31:08
2	Andile	Motwana	Tinarha AC	20	31:19
3	Gift	Chigomarawa	ZIM/Nedbank RC	29	32:37
4	Masande	Mlonyeni	Charlo AC	37	33:59
5	Andre	Ketchem	Xcel AC	34	34:02
6	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	34:47
7	Anele	Voorman (1st jun)	Nedbank RC	17	35:35
8	Sandile	Ngunuza	Nedbank RC	35	35:36
9	Valentiano	Verwey	Temp	15	38:04
10	Xabiso	Kobe	Tinarha AC	19	39:04
11	Ruan	Smalberger	St Albans AC	28	39:10
12	Darrell	Wicht (1st mast)	Madiba BW	54	39:44
13	Juan	Cordier	Kowie Striders	32	40:14
14	Ian	Smit	Temp	34	40:14
15	Zolani	Ngqaqa	Tinarha AC	28	41:00
16	Francois	Nel	Temp	37	41:29
17	Craig	Rensburg	Xcel AC	41	41:40
18	Samkelo	Sinyongo	Aspen Pharmacar	36	41:45
19	Nico	Smith	Madiba BW	32	41:49
20	Brendon	Windvogel	Temp	23	41:51

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	41	34:47
2	Craig	Rensburg	Xcel AC	41	41:40
3	Chris	Gerber	Temp	43	43:46

45-49:

1	Gilroy	Domingo	Gelvan AC	45	42:53
2	Werner	Olckers	Temp	47	44:18
3	Angus	Campbell	Temp	46	46:53

50-54:

1	Darrell	Wicht	Madiba BW	54	39:44
2	Deon	Pretorius	Nedbank RC	52	41:52
3	Plaaitjie	Damons	VWAC	54	45:31

55-59:

1	Chester	Brooks	Xcel AC	59	47:15
2	Lats	Tuboly	Temp	57	49:42
3	Jan	Van Eeden	Nedbank RC	59	52:41

60-64:

1	Gerrie	Hermann	Kouga Multi SC	61	46:12
2	Kosie	Van Vuuren	Fit 2000 CGA	63	54:05
3	Rooie	Robbertse	Kouga Multi SC	61	54:30

65-69:

1	Eddie	Eades	Nedbank RC	68	50:29
2	Graham	Channon	Achilles AAA	68	52:13
3	Syd	Lippstreu	Crusaders AC	69	55:29

70-74:

1	Peter	Eck	Muirite Strider	71	1:02:31
2	Herman	Dekker	SAPS AC EP	73	1:03:18
3	Andre	Fourie	Nedbank RC	70	1:08:06

75-79:

1	Tamsanqa	Jusayi	Nedbank RC	75	49:38
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Juniors:

1	Anele	Voorman	Nedbank RC	17	35:35
2	Valentino	Verwey	Temp	15	38:04
3	Xabiso	Kobe	Tinarha AC	19	39:04

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	37:53
2	Shanley	Koekemoer (1st jun)	KPMG	17	39:24
3	Ndileka	Mvakwendlu	Tinarha AC	27	40:52
4	Rune	De Beer	Temp	16	44:37
5	Christine	Claasen (1st mast)	Achilles AAA	53	45:05
6	Michelle	Stassen	KPMG	35	46:11
7	Ane	Green	Temp	25	49:32
8	Theresa	Buchner	Nedbank RC	32	49:55
9	Wilmeri	Potgieter	Temp	26	50:32
10	Michelle	Van Iddekinge	Elite A C	50	50:50
11	Erhardt	Kidson (1st vet)	Temp	46	50:59
12	Adele	Coetzee	Temp	46	51:02
13	Lindi	Van Tonder	Charlo AC	39	51:27
14	Nalize	Van Straaten	Schools EPA	14	52:32
15	Lesley Ann	Bush	Despatch AC	45	52:36
16	Carol	Booyesen	Muirite Strider	49	52:56
17	Janette	Van Rooy	Temp	15	53:31
18	Jeanette	Pretorius	Bluewater Bay	45	53:32
19	Laura	Maritz	Infinity AC	57	53:34
20	Barbara	Hoek	Temp	35	53:44

40-44:

1	Rejanne	Nel	Polokwane	40	55:38
2	Iza	Johnston	Temp	40	55:45
3	Anize	Gerber	Despatch AC	44	56:51

45-49:

1	Erhardt	Kidson	Temp	46	50:59
2	Adele	Coetzee	Temp	46	51:02
3	Lesley Ann	Bush	Despatch AC	45	52:36

50-54:

1	Christine	Claasen	Achilles AAA	53	45:05
2	Michelle	Van Iddekinge	Elite A C	50	50:50
3	Jhaninen	Boshoff	Despatch AC	51	1:00:42

55-59:

1	Laura	Maritz	Infinity AC	57	53:34
2	Rosemary	Joubert	32Gi EP AC	57	54:58
3	Susan	Meyer	Temp	56	55:55

60-64:

1	Christine	Snyman	Despatch AC	61	1:01:24
2	Mart	Claassen	Temp	62	1:08:48
3	Marie	Delpont	Temp	62	1:35:02

65-69:

1	Cora	Van der Wath	Temp	67	59:44
2	Helene	Oppel	Elite A C	67	1:06:49

70-74:

1	Ronelle	Steyn	Nedbank RC	73	1:05:20
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75-79:

1	Dorothy	Hart	Nedbank RC	79	1:35:54
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Juniors:

1	Shanley	Koekemoer	KPMG	17	39:24
2	Rune	De Beer	Temp	16	44:37
3	Nalize	Van Straaten	Schools EPA	14	52:32

Avbob 15 km (37th)

Table View, 9 December

(Certified loop course. Finishers: 1155 [up from last year's 963].)

Note: Second fastest time of her life for Ebeth Marais in a solid victory over clubmate Candyce Hall. The number of finishers has climbed considerably from 684 in 2015. -- Ed.

MEN

1. Vuyolwethu Mbukushe (Gugs), 26, 50:20
2. Danzil Pause (East), 24, 50:33
3. Lukhanyo Nobakada (VOB), 20, 51:25
4. Alantino Belillie (Sanlam), 19, 52:25
5. Barry-John Pienaar (Sanlam), 52:59

WOMEN

1. Ebeth Marais (Carb), 22, 57:06
2. Candyce Hall (Carb), 33, 59:53
3. Tanith Maxwell (Boxer), 41, 60:12
4. Danette Smith (KPMG), 28, 61:42
5. Natalie Beckenstrater (WC), 35, 62:28

Prison to Prison Marathon & Half Marathon

Rawsonville, 9 December

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 298; half marathon – 189.)

Marathon**MEN**

1	Admire	Rushika	ZIM/VOB	31	2:25:56
2	Ben	Matiso	Itheko	30	2:29:56
3	Siya	Sakeur	Nedbank	36	2:30:53
4	Nicholas	Ndabeni	Nedbank	37	2:41:08
5	Dosie	Dumisani	SAPS	38	2:44:36

WOMEN

1	Kerryn	Armstrong	Ind	35	3:16:25
2	Laura	Peddle	Strand	35	3:23:30
3	Ursula	Turck	Strand	45	3:29:51
4	Beate	Weichert	Run Avation	44	3:31:52
5	Sandiswa	Kodwa	Gugs	29	3:40:45

Half marathon**MEN**

1	Merlin	Klaaste	UWC	25	1:10:09
2	Lindikhaya	Mthangayi	In Touch	38	1:11:19
3	Pheletso	Moletsane	EGA	25	1:11:54
4	Tsungai	Mwanengeni	ZIM/Gugs	45	1:14:35
5	Brandon	Lewin	Itheko	22	1:14:59

WOMEN

1	Jenny	Close	Cape Multisport	40	1:35:37
2	Marjorie	Prins	Ceres	40	1:41:25
3	Ena	Gous	Worcester	47	1:45:06
4	Zisiwe	Mnothoza	In Touch	35	1:45:58
5	Kim Jenna	Stephenson	Stellenbosch	29	1:52:29

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**Marshfield Road Runners New Year's Day Marathon (38th)**

Marshfield, USA, 1 January

(Distance: 42.195 km; certified, record-eligible course)

Note: Despite bitterly cold conditions, Japan's Yuki Kawauchi completed his 76th sub-2:20 marathon here, setting a new world record for the number lifetime sub-2:20's. The previous record was 75 by American Doug Kurtis. "These were definitely the coldest conditions I've ever run in, Kawauchi said. "After this I think I could do pretty well going after the Antarctica record." --Ed.

Marathon overall (gun times):

1. Yuki Kawauchi, 30, JPN, 2:18:59 WL/CR

San Silvestre Vallecana (53rd)

Madrid, ESP, 31 December

(Distance: 10 km; certified point-to-point course with 55 m elevation loss (EXTREMELY aided, not record- standard. However, Madrid is at slightly high altitude.)

INTERNATIONAL MEN (gun times)

1. Eric KIPTANUI, 1990, KEN 27:34
2. Amos KIRUI, 1998, KEN 27:48
3. Antonio ABADIA, 1991, ESP 28:24

INTERNATIONAL WOMEN (gun times) -

1. Gelete BURKA, 1986, ETH 30:55
2. Catarina RIBEIRO, 1990, POR 32:41
3. Alyson DIXON, 1978, GBR 32:57

Corsa Internazionale di San Silvestro "Boclassic" (42nd)

Bolzano, ITA, 31 December (afternoon start)

(Distances: men -- 10.05 km [8 laps], women -- 5.05 km [4 laps]; 1250 m circuit, flat with sharp turns and cobblestone surfaces)

Note: Muktar Edris got his third win in four years here, prevailing by a 22-second margin over Soufiane Bouqantar of Morocco. Agnes Tirop successfully defended her title and won by an even larger 28-second gap. --Ed.

MEN (gun times)

1. Muktar EDRIS, ETH, 28:45
2. Soufiane BOUQANTAR, MAR, 29:07
3. Hicahm AMGHAR, MAR, 29:08

WOMEN (gun times)

1. Agnes TIROP, KEN, 15:30
2. Margaret CHELIMO KIPKEMBOI, KEN, 15:58
3. Steph TWELL, GBR, 16:03
- ... 7. Desiree LINDEN, USA, 16:40
- ... 11. Christelle DAUNAY (40+), FRA, 17:03

Peurbacher Raiffeisen Silvesterlauf (37th)

Peurbach, AUT, 31 December

(Distances: Men 6.8 km; Women 5.1 km; 850 m circuit)

MEN (gun times)

1. Victor Chumo, 1987, KEN 19:08
2. Richard Ringer, 1989, GER 19:09
3. Mande Bushendich, 1997, UGA 19:12

WOMEN (gun times)

1. Ruth Jebet, 1996, BRN 15:38
2. Peruth Chemutai, 1999, UGA 16:20
3. Amela Terzic, 1993, SRB 16:42

Corrida Pedestre Internationale de Houilles 10 km (46th)

(IAAF Silver Label Road Race)

Houilles (Yvelines), FRA, 31 December

MEN (gun times)

1. Julien Wanders, SUI 28:02 NR
2. Jemal Yimer, ETH 28:03
3. Yasin Haji, ETH 28:27
4. Cornelius Kangogo, KEN 28:53
5. Yoann Kowal, FRA 28:54
- ... 9. Lesiba Mashele, RSA 29:24
- ... 12. Callum Hawkins, GBR 29:33

WOMEN (gun times)

1. Stacey Chepkemboi Ndiwa, KEN 31:35 PB
2. Evaline Chirchir, KEN 32:10 PB
3. Magdalene Yeko Masai, KEN 32:33
4. Rosie Clarke, GBR 33:04
5. Mekdes Woldu, ERI 33:27

Ribble Valley 10 km

Clitheroe, Lancashire, GBR, 31 December

(Certified course with 10 m elevation loss [race begins at 70 m above sea level, has a highest elevation of 92 m, then finishes at 60 m].)

Note: Middle distance ace Laura Weightman, sixth in last summer's IAAF World Championships 1500 m, showed her distance chops here, winning the women's race in a fast 32:31, her debut at the distance. She beat reigning British 10000 m champion Beth Potter. --Ed.

MEN (gun times)

1. Marc Scott, Richmond & Zetland/Tulsa University, 29:37
2. Jonathan Brownlee, Bingley/Leeds University, 29:54 PB
3. Richard Horton, Shaftesbury Barnet/Loughborough Students/Poole AC, 29:58

WOMEN (gun times)

1. Laura Weightman, Morpeth, 32:31 DB
2. Beth Potter, Shaftesbury Barnet/St. Mary's University, 33:00 PB
3. Stevie Stockton, Leeds City/Loughborough Students, 34:27

Sanyo Women's Road Race (36th)

Okayama, JPN, 23 December

(Distances: 21.1 km and 10 km)

Half marathon (gun times)

WOMEN

1. Pauline Kamulu (KEN) 1:08:04 PB/CR
[16:15 / 32:08 / 48:13 / 1:04:31]
2. Miyuki Uehara 1:09:13 PB
3. Mao Ichiyama 1:09:14 PB
4. Azusa Sumi 1:09:21 DB
5. Rei Ohara 1:09:26

10 km (gun times)

WOMEN

1. Shuru Bulo (ETH) 32:03 DB
2. Yuka Hori 32:27 PB
3. Kanami Sagayama 32:52 DB
4. Himawari Yuda 32:56 DB
5. Wakana Itsuki 33:01 PB

Hofu Marathon (48th)

Hofu, JPN, 17 December

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

MEN (gun times)

1. Yuki Kawauchi 2:10:03
2. Tatsunori Hamasaki 2:11:26 PB
3. Asuka Tanaka 2:12:17

WOMEN (gun times)

1. Misaki Kato 2:28:12 PB/CR
2. Hisae Yoshimatsu 2:39:56

Tata Steel Kolkata 25 km (4th)

Kolkata, IND, 17 December

(Course certification and configuration unknown)

Note: *Race Results Weekly* (RRW) reports that some of these marks are probably incorrect. The event organisers only provided a partial list of gun times, and RRW had to piece together the rest by querying bib numbers on the event's results page which provided only net times. RRW says it is confident about the order of finish and the winners' marks, however. --Ed.

MEN

- | | | |
|-------------------------|---------|-------------|
| 1. Kenenisa Bekele, ETH | 1:13:48 | CR USD 7500 |
| 2. Tsegay Tuemay, ERI | 1:14:27 | 5000 |
| 3. Augustino Sulle, TAN | 1:14:41 | 3000 |

WOMEN

- | | | |
|-------------------------|---------|-------------|
| 1. Degitu Azimeraw, ETH | 1:26:01 | CR USD 7500 |
| 2. Helah Kiprof, KEN | 1:26:04 | 5000 |
| 3. Failuna Matanga, TAN | 1:26:11 | 3000 |

Ziwa Farmers 10 km

From Kabenos Road to Ziwa Center, KEN, 9 December

(Point-to-point course which begins at 2060 m of altitude and ends at 1990 m (net elevation loss of 70 m))

MEN

- | | | |
|-----------------------------------|-------|------------------------|
| 1. Abraham KIPTUM (KEN) 1989 | 27:44 | KSH 100,000 (=USD 969) |
| 2. Benard KIMELI (KEN) 1995 | 27:44 | 50,000 |
| 3. Josphat KIPCHIRCHIR (KEN) 1997 | 27:48 | 30,000 |
| 4. Josphat BETT (KEN) 1990 | 27:51 | 20,000 |
| 5. Alfred BARKACH (KEN) 1996 | 28:03 | 10,000 |

WOMEN

- | | | |
|-----------------------------|-------|------------------------|
| 1. Agnes JEBET (KEN) 1995 | 31:06 | KSH 100,000 (=USD 969) |
| 2. Valary AYABEI (KEN) 1991 | 31:07 | 50,000 |
| 3. SANDRA CHEBET (KEN) 1998 | 31:18 | 30,000 |
| 4. Stacey NDIWA (KEN) 1992 | 31:27 | 20,000 |
| 5. Ruth JEBET (BRN) 1996 | 32:01 | 10,000 |

Meia-Maratona dos Descobrimentos

Lisbon, POR, 3 December

(Distance: 21.1 km; out-and-back course. Finishers: 2407.)

Note: South African Tanya Posthumus-Fox finished second here in a personal best. -- Ed.

MEN (gun times)

1. Andre Costa, POR, 27, 1:10:08
2. Carlos Cardoso, POR, 35, 1:10:38
3. Artur Santiago, POR, 46, 1:11:32

WOMEN (gun times)

1. Vera Fernandes, POR, 32, 1:18:28
2. Tanya Posthumus-Fox, RSA, 37, 1:27:12 PB
3. Evelina Shamarova, ??, 43, 1:29:01

CROSS-COUNTRY

Cross International Venta de Baños (38th)

Venta de Baños (Palencia), ESP, 17 December

ABSOLUTE MEN (10575 m)

1. Selemón BAREGA SHIRTAGA, 2000, ETH, 31:09
2. Jacob KIPLIMO, 2000, UGA, 31:09
3. Nick GOOLAB, 1990, GBR, 32:47
4. Ilas FIFA, 1989, FC BARCELONA, 32:49
5. Javier GUERRA, 1983, AC ADIDAS, 32:54

ABSOLUTE WOMEN (7575 m)

1. Ruth JEBET, 1996, BRN, 25:45
2. Alice Aprot NAWOWUNA, 1994, KEN, 26:30
3. Trihas GEBRE, 1990, BILBAO ATLETISMO, 26:52
4. Ines MONTEIRO, 1980, POR, 27:24
5. Verity OCKENDEN, 1991, GBR, 27:25

OUTDOOR TRACK

Zatopek:10 (57th)

(Australian 10000 m Championships)

Albert Park (near Melbourne), AUS, 14 December

MEN

1. Stewart McSweyn, Tasmania, 28:37.28
2. Patrick Tiernan, Queensland, 28:38.94
3. David McNeill, Old Xaverians, 28:47.54

WOMEN

1. Celia Sullohern, New South Wales, 32:31.22 PB (Commonwealth B)
2. Jessica Trengove, South Australia, 32:35.06 (Commonwealth B)
3. Eloise Wellings, New South Wales, 32:41.96 (Commonwealth B)

NEWS

EDNA KIPLAGAT NAMED ABBOTT WMM SERIES X CHAMPION

Abbott World Marathon Majors has awarded the Series X women's title to Edna Kiplagat (KEN). She joins Eliud Kipchoge (KEN), Tatyana McFadden (USA) and Marcel Hug (SUI) who have been previously announced as winners of Series X, reports *Race Results Weekly*.

"Edna's outstanding victory in Boston in 2017 and her second place in Chicago in 2016 make her the winner of Series X, and she is an inspiration to all Abbott World Marathon Majors runners," said Tim Hadzima, Abbott WMM general manager. "We are delighted that we can now honor her outstanding achievements."

Kiplagat will receive a prize purse of USD 500,000 for topping the leaderboard with 41 points in Abbott WMM Series X, which concluded at the 2017 Boston Marathon. Abbott WMM has since restructured its series prize money structure to recognize and reward the top three leaderboard athletes for Series XI, which is now underway.

The 38-year-old Kiplagat is now, along with Irina Mikitenko of Germany, a three-time Abbott WMM champion as she also won the title at the end of Series V and Series VIII.

Kiplagat is receiving the title following the completion of the doping investigation process for Jemima Sumgong (KEN), who has been banned for four years by the Anti Doping Agency of Kenya (ADAK) for her use of EPO. Any athlete who has been found guilty of an anti-doping violation is not eligible to win an Abbott WMM Series title and is banned for life from all Abbott WMM events.

The Abbott World Marathon Majors is a collective of six of the world's top marathons: the Tokyo, Boston, Virgin Money London, BMW BERLIN, Bank of America Chicago and TCS New York City Marathons. Abbott WMM awards its annual title to the men's and women's runners and wheelchair athletes who earn the most points within a one-year cycle of performances at its six races as well as the Olympic Games, Paralympic Games and IAAF World Championships when they occur.

Abbott WMM Series XI continues at the Tokyo Marathon on 25 February. Kiplagat will return to defend her title at the Boston Marathon on 16 April before Series XI concludes at the Virgin Money London Marathon on 22 April.

OBITUARY

This report was published in *The New York Times*.

HORACE ASHENFELTER, OLYMPIC VICTOR OF A COLD WAR SHOWDOWN, DIES AT 94

Horace Ashenfelter, an American runner who set a world record in the steeplechase at the 1952 Olympic Games in Helsinki, beating an overwhelmingly favored Soviet champion in what was billed as a test of Cold War supremacy, died on Saturday morning in a nursing home in West Orange, N.J. He was 94.



Horace Ashenfelter passes Vladimir Kazantsev of the Soviet Union to win gold in the 3000-metre steeplechase at the Helsinki Olympics in 1952. [Hulton Archive, via Getty Images]

Nearly a generation after Jesse Owens shattered the myth of Aryan invincibility by sweeping four gold medals in Hitler's Swastika-draped Olympic Stadium in Berlin in 1936, United States athletes faced another challenge on the world stage. For the first time since 1912, when the Czars ruled in St. Petersburg, Russians were competing in the Olympics. This time it was American Democracy vs. Soviet Communism.

There were a dozen runners in the steeplechase final in Helsinki. But all eyes were on two athletes: Ashenfelter, a clean-cut F.B.I. agent with the rawboned frame of a Pennsylvania farmer, and Vladimir Kazantsev, a Red Army hero of World War II and the pride of Dynamo Moscow, where elite state-supported Soviet athletes were trained. Ashenfelter had run the steeplechase only six times, while Kazantsev was the unofficial world-record holder.

For most of the race, Kazantsev was far ahead, seemingly destined for an easy victory. But on the last of seven laps Ashenfelter pulled away from the pack and moved behind the leader. Even as they splashed down in the final water pit, Kazantsev was slightly ahead.

But then, with a surprising burst of stamina, Ashenfelter rose out of the water as if propelled by a rocket. The exhausted Russian, grimacing in pain, stumbled momentarily, struggling to regain his footing, and churned mechanically forward on hopeless legs of iron as the American shot ahead.

Down the stretch, as 65,000 people shrieked from the stands, Ashenfelter's powerful sprint widened his lead with every stride. He crossed the finish line 30 meters in front of the broken Kazantsev, who staggered home just ahead of John Disley of Britain. Ashenfelter's time, 8:45.4, smashed the official record, the 1936 Olympic mark of 9:03.8 set by Volmari Iso-Hollo of Finland.

It was one of the great upsets in Olympic history and the triumph of a lifetime for Ashenfelter, whose unassuming demeanor seemed to personify the Wheaties box all-American athlete in a postwar ideological struggle with lockstep Soviet Communism. The competition was heightened by fears of nuclear war, a stalemate in the Korean conflict, diatribes of propaganda from Moscow and a fever of anti-Communism in the United States.

There was also a telegram from the F.B.I. director, J. Edgar Hoover: "All your associates in the F.B.I. are proud of your brilliant victory and happy with you over establishment of a new record."

From the late 1940s, when Ashenfelter ran for Penn State, until his 1957 retirement from competition, Ashenfelter won 17 national indoor and outdoor titles in a variety of races: cross-country, the two-mile, the three-mile, the 10,000 meters and the steeplechase. He won the Sullivan Award as America's outstanding amateur athlete of 1952 and entered the National Track and Field Hall of Fame in 1975. In 2001, Penn State's indoor track was named for him.

Horace Ashenfelter III, who was nicknamed Nip, was born in Phoenixville, Pa., on Jan. 23, 1923. He grew up on a farm in nearby Collegeville, competed on football, basketball, baseball and track teams at Collegeville High School, and graduated in 1941. He joined the Army Air Corps in 1942, and became a pilot and stateside gunnery instructor.

He married Lillian Wright in 1945 and had four sons who survive him: Horace, James, Alan and John.

Discharged in 1946, he studied physical education at Penn State, joined the track team and won National Collegiate Athletic Association outdoor two-mile runs in 1948 and 1949. The Penn Relay's four-mile event in 1949 was won by a team that included three Ashenfelter brothers: Horace, Bill and Donald.

He graduated in 1949, began running for the New York Athletic Club and won 15 gold medals in Amateur Athletic Union competitions. Four years after his triumph in Helsinki, he went to the Olympics in Melbourne, but did no better than sixth in a steeplechase heat.

After nine years as an F.B.I. agent, Ashenfelter left in 1959 and joined Engelhard Industries as a metals salesman. He retired in 1993 but continued to run frequently in Glen Ridge, N.J., where he lived. The town's annual Thanksgiving Day run is called the Ashenfelter eight-kilometer classic.

STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2017 HALF MARATHON: TOP 10 WOMEN

1:12:31	Cornelia Joubert	1	Port Elizabeth	24 Jun
1:12:36	Irvette van Zyl	9	Barcelona	12 Feb
1:12:43	Mapaseka Makhanya	2	Port Elizabeth	24 Jun

1:13:51	Van Zyl-2	1	Cape Town	15 Apr
1:14:25	Lebogang Phalula	3	Port Elizabeth	24 Jun
1:14:25	Van Zyl-3	1	Bloemfontein	15 Oct
1:14:25	Nolene Conrad	2	Cape Town	15 Apr
1:15:06	Jenet Mbhele	4	Port Elizabeth	24 Jun
1:15:14	Letitia Saayman	4	Richmond	11 Nov
1:15:21	Joubert-2	3	Cape Town	15 Apr
1:15:32	Zintle Xiniwe	5	Port Elizabeth	24 Jun
1:17:15	Makhanya-2	6	Cape Town	15 Apr
1:17:31	Ntombesintu Mfunzi	7	Port Elizabeth	24 Jun
1:17:35	Jenet Mbhele	1	East London	24 Sep

THIS MONTH IN HISTORY

36 years ago: 30 January 1982

The first edition of the Big Tree Marathon in Port Elizabeth was held in February 1980, but since then the race has mostly been run in January. The marathon has variously been called the Big Tree, Friendly City, Embassy Achiever and Herald Nashua Marathon. On this day, in the third race, well-known Eastern Cape runner Beverley Malan scored the first of three victories when she took the title in 2:52:33 to win by almost 16 minutes from Jenny Saunders, who had won the first two races. Philip Dorfling was the men's winner in 2:30:38. Three months later, in the same city, Malan won the second SA Marathon for women in a PB of 2:47:44. Later in the same year she would clock the fastest time by a South African woman in 1982 when she finished the New York City Marathon in 2:44:40.

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		
	44:47	Gladwin Mzazi	Pretoria	19 Aug
	42:00	Matthew Kimeli Kipkorir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	61:21	Stephen Mokoka	Port Elizabeth	24 Jun
	58:40	Abraham Cheroben (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	85:37	Kagiso Motyale	Brits	
	74:27	Dathan Ritzenhain (USA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	96:10	Lusapho April	Camps Bay	08 Jan
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:08:35	Stephen Mokoka	Shanghai	12 Nov
	2:03:32	Eliud Kipchoge (KEN)		

100 km	2:02:57	Dennis Kimetto (KEN) 2014	Cape Town	22 Jul
	7:42:28	Simphiwe Vellem		
	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	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		
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
	2:33:15	Reginald Ngobese		
Marathon	2:19:29	Titus Mamabolo (RSA) 1991	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		
	94:01	Doug Winn (USA) 2010		
30 km	2:10:11	Kosie Botha	Parow	26 Mar
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:02:09	Alan Taylor	Port Elizabeth	02 Dec
	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 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

Juniors

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

WOMENOpen

10 km	32:22 29:43	Dominique Scott-Efurd Joyciline Jepkosgei (KEN)	Boston	25 June
	30:21 Mx 30:04p Mx 30:29 Wo	Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002		
15 km	53:59A 55:48 45:37	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN)	Camps Bay Eersterivier	08 Jan 08 Jul
	46:14** Mx 45:37p Mx 46:59** Wo	Florence Kiplagat (KEN) 2015 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007		
21.1 km	72:31 64:51	Cornelia Joubert Joyciline Jepkosgei (KEN)	Port Elizabeth	24 Jun
	65:09 Mx 65:06p Mx 64:52p Mx 66:25 Wo	Florence Kiplagat (KEN) 2015 Peres Jepchirchir (KEN) 2017 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007		
25 km	90:21A 1:40:31 84:36	Jenna Challenor Jenna Challenor Alphine Tuliamuk (USA)	Pinetown Durban	29 Jan 19 Mar
	79:53 Mx 82:47 Wo	Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005		
30 km	1:59:01 1:46:24	Danette Smith Ami Utsunomiya (JPN)	Camps Bay	08 Jan
	1:38:49 Mx 1:38:42p Mx 1:39:11 Wo	Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016 Mary Keitany (KEN) 2011		
Marathon	2:35:21 2:17:01	Nolene Conrad Mary Keitany (KEN)	Valencia	19 Nov
	2:15:25 Mx 2:17:42 Wo	Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005		
100 km	9:42:24 6:33:11	Rowen Gloyne (vet) Tomoe Abe (JPN) 2000	Cape Town	22 Jul

Veterans (40+)

10 km	36:40 32:14	Bulelwa Simae Priscilla Welch (GBR) 1985	Bellville	03 Jun
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15 km	56:36 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Pretoria	19 Aug
21.1 km	80:02 69:56	Bulelwa Simae Irina Permitina (RUS) 2009	Port Elizabeth	24 Jun
25 km	1:48:53A 1:49:32 82:13	Shani Silver Maria Vilakazi Mizuki Noguchi (JPN) 2005	Pinetown Pretoria	29 Jan 06 May
30 km	2:02:35 1:51:37	Ulrica Stander Mieke Pullen (NED) 2001	Camps Bay	08 Jan
Marathon	2:52:33 2:26:51	Melanie van Rooyen Priscilla Welch (GBR) 1987	Port Elizabeth	02 Dec
100 km	9:42:24 7:00:27	Rowen Gloyne Normi Sakurai (JPN) 2007	Cape Town	22 Jul
<u>Masters (50+)</u>				
10 km	38:43 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	02 Apr
15 km	64:28 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Constantia	11 Mar
21.1 km	90:10A 92:01 76:07	Elmarie Coetzee Christine Claasen Tatyana Pozdniakova (UKR) 2006	De Rust Port Elizabeth	14 Oct 13 May
25 km	2:05:56A 2:07:29	Roshini Natasen Ansa Strydom	Pinetown Pretoria	29 Jan 06 May
30 km	2:27:20	Olga Howard	Parow	26 Mar
Marathon	3:17:37 2:31:05	Christine Claasen Tatyana Pozdniakova (UKR) 2005	Port Elizabeth	02 Dec
100 km	14:27:46	Cynthia Jooste	Cape Town	22 Jul
<u>Grandmasters (60+)</u>				
10 km	42:08 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	19 Aug
15 km	65:46 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	18 Nov
21.1 km	93:02 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Port Elizabeth	24 Jun
25 km	2:16:25 1:58:24	Val Watson Gloria Brown (USA) 1994	Pretoria	06 May
30 km	2:32:53 2:17:11	Nancy Will Barbara Miller (USA) 1999	Camps Bay	08 Jan
Marathon	3:26:99 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	Durban	09 Apr
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	02 Apr
15 km	85:19 72:52	Liz Jenkerson Jo Klein (NED) 2004	Port Elizabeth	18 Nov
21.1 km	1:55:21 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Wellington	01 May
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	4:26:29 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Stellenbosch	11 Nov

100 km

Juniors

10 km	35:23 31:42	Nicole Louw Zola Pieterse (RSA) 1984	Pietermaritzburg	20 Aug
15 km	63:04 49:40	Razaan Kamaldien Ines Chenonge (KEN) 2001	Eersterivier	08 Jul
21.1 km	98:46 1:09:05	Georgina Janisch Delilah Asiago (KEN) 1991	Pretoria	08 Apr

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