

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

Three of South Africa's oldest nonmarathon races were held this past week. In Springs the 49th Garbie Springs Striders 32 km went to Emmanuel Magakwe and vet Salome Cooper in 1:51:15 and 2:18:25 respectively. The 43rd PWC George Claassen Half Marathon in Pretoria was won by Sibusiso Nzima (65:49) and Zimbabwean Rutendo Nyahora (81:50). In the midweek Dan Luyt 15 km, run for the 45th time in Durbanville, vet Mthandazo Qhina (50:15) and Nomvuyisi Seti (63:41), who retained her title, were first across the line. Qhina had also run the challenging Bay to Bay 30 km the previous Sunday, and this past weekend he competed in the Beachcomber 15 km for an astounding 60 km of racing (of which 45 km were over tough courses) in seven days!

In Bloemfontein Thabang Mosiako and Kesa Molotsane won the SA Cross-country Trials.

A new Washie 100-mile route has been established for the next two years. The race on 27-28 July will start at the Cathcart Country Club (at ± 1173 m of elevation) and as usual finish at the Buffs Club in East London (at ± 39 m above sea level). This means the drop from start to finish is approx. 7.09 m/km.

According to an e-mail received from WP Road Running, the route for the Fry's Hohenort 15 km (results in DRR 18:01) was accurate and these times can therefore be used for statistical purposes. Eight list leaders were set in this race.

Vladimir Kotov's age 50 world record for 50 km listed in last week's Stats Time was wrong. It should be 2:58:18, not 2:18:18.

Riël Hauman



DRR did not have an adequate picture of Piet Vorster to use with the obituary last week, but has since received this one from long-time KZN correspondent Alen Hattingh. A celebration of Vorster's life will be held at 14:00 this Friday, 26 January, at the Gereformeerde kerk, 1 Voortrekker Street, Ashley (corner of Voortrekker and Mariannahill roads). The ceremony will be led by Vernon Loker. Tea, coffee and eats will be served afterwards and after that the bar will be open at the PDAC clubhouse (25 Anderson Road, Pinetown) for all who would like to raise a glass to the 1979 Comrades winner.

INCLUDED IN THIS ISSUE:

- * Spar Kearsney Striders Half Marathon & 10 km, Botha's Hill
- * Garbie Springs Striders 32 km & 15 km, Springs
- * PWC George Claassen Half Marathon & 10 km, Pretoria
- * Galaxy Bingo Two Views 10 km, Port Elizabeth
- * Beachcomber 15 km, Strandfontein
- * Dan Luyt 15 km, Durbanville
- * NutriBullet Bay to Bay 30 km & 15 km, Camps Bay
- * XC: SA Cross-country Trials, Bloemfontein

International highlights:

- * Standard Chartered Hong Kong Marathon, Hong Kong, HKG
- * Tata Mumbai Marathon, Mumbai, IND
- * Saucony Halve-Marathon von Egmond, Egmond Aan Zee, NED
- * Okukuma Road Race, Kumagun, JPN
- * XC: Cross Internacional de Itálica, Santiponce (Seville), ESP; Cross Della Vallagarina, Rovereto, ITA; Great Edinburgh Cross-country, Edinburgh, GBR
- * Indoor track: Wolverine Invitational, Ann Arbor, USA

ROAD RUNNING**Spar Kearsney Striders Half Marathon & 10 km**

Botha's Hill, 21 January

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon -- 1035; 10 km -- 550.)

Half marathon**MEN**

1.	Nomore Mandivengerei	ZIM/RWFL	1:17:45
2.	Lindokuhle Ntuli	Hollywood Bets	1:18:11
3.	Siphelele Zondi	M/Burg City	1:20:07

40-49:

1.	Bernard Phalatsane	ZIM/Phantane AC	1:20:59
2.	Jono Edwards	West AC	1:21:21

50-59:

1.	Wayne Scott	PDAC	1:28:16
2.	Sipho Mbokazi	Mtubatuba AC	1:41:20

60-69:

1.	Andy Daly	West AC	1:34:37
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Juniors:

1.	Lucas Sphamandla Hlope	Ind	1:46:48
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WOMEN

1.	Jenna Challenor	KPMG	1:23:15
2.	Shelley Young	Chiltern AC	1:34:35
3.	Lisa Collett	Boxer AC	1:35:23

40-49:

1.	Lisa Collett	Boxer AC	1:35:23
2.	Michelle De Montille	HV	1:43:56

50-59:

1.	Janine Goes	DCS	1:53:51
2.	Michelle Sim	PDAC	1:54:28

60-69:

1.	Silvia Burton	HV	2:11:59
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10 km

MEN

1.	Siyanda Mkhize	Hollywood Bets	39:00
2.	Spamandla Mngoma	1000 Hills AC	40:35
3.	Sanel Sithole	Ind	40:55

WOMEN

1.	Asta Kraus	HV	45:00
2.	Alison Uys	West AC	48:31
3.	Tracey Allison	PDAC	49:06

Garbie Springs Striders 32 km (49th) & 15 km

Springs, 21 January

(Loop courses. Finishers: 32 km -- 840 [up from 750 last year]; 15 km -- 900 [up from 850].)

32 km

MEN

1 Emmanuel Magakwe (BCC) 1:51:15; 2 Tumelo Mahlangu (Temp) 1:51:59; 3 Charles Soza (ZIM/Phobians) 1:54:03.

Veterans: 1 Greg Barnes (Born 2 Run) 1:55:51; 2 Micah Kipyego (KEN/Altitude) 1:56:20; 3 Siegfriedt Heydenrych (Born 2 Run) 2:05:31. **Masters:** 1 Dieter Stapel (BNAC) 2:23:44; 2 Ernest Molatlhwa (SANDF) 2:36:38; 3 Zacharia Mogotsi (Boksburg) 2:41:51. **G'masters:** 1 Keith Daly (GCH) 2:41:04; 2 Norman Milne (BNAC) 2:49:29. **G/g'masters:** 1 Alan McCormack (Greenstone Hill) 3:18:05.

WOMEN

1 Salome Cooper (Born 2 Run) 2:18:25; 2 Cobie Smith (Vitality) 2:18:41; 3 Keneilwe Sesing (KPMG) 2:21:11.

Veterans: 1 Salome Cooper (Born 2 Run) 2:18:25; 2 Maria Vilakazi (FFA) 2:35:55; 2 Felicity Letcher (Born 2 Run) 2:45:44. **Masters:** 1 Almarie Rothman (Kempton) 2:54:55; 2 Sue Harrisberg (RAC) 2:56:20; 3 Sharon Knopfmacher (Vitality) 2:58:16. **G'masters:** 1 Jennifer Kinsley (Jeppe) 3:10:33; 2 Margaret Boshoe (Sunninghill) 3:49:41. **G/g'masters:** 1 Dot van Heerden (Fit 200) 5:38:26.

15 km

MEN

1 Kabelo Melamu (KPMG) 49:33; 2 Oscar Sixoka (Temp) 52:19; 3 Jono Mntungwa (Pirates) 53:34 (1st vet).

Veterans: 1 Jono Mntungwa (Pirates) 53:34; 2 Sello Ramaloko (Runavation) 57:07; 3 Esau Miya (Rockies) 59:03. **Masters:** 1 Tony Silva (BCC) 62:01; 2 Solly de Beer (Benoni High) 69:05; 3 Milan Daniz (Temp) 72:02. **G'masters:** 1 Zabron Nxumalo (Honey Lotus) 67:49; 2 Robin Williams (Vitality) 76:47. **G/g'masters:** 1 Nkodemus Ngwenya (Boksburg) 73:58.

WOMEN

1 Andronika Mokgotla (Nedbank) 61:08; 2 Portia Ngwenya (Tsakane) 61:35; 3 Nomsa Cossa (Ulinda) 64:13.

Veterans: 1 Caroline Koll (Temp) 67:54; 2 Marilise Vermaak (Kempton) 70:12; 3 Florence Munyai (Meadowlands) 73:19. **Masters:** 1 Estelle Viljoen (Kempton) 91:13; 2 Pam Derksen

(Old Mutual) 91:31; 3 Victoria Ngobese (SAPG) 92:44. **G'masters:** 1 Patricia Shaw (BNAC) 1:41:54; Miemie Rudling (Kempton) 1:42:50. **G/g'masters:** 1 Ria Smit (Striders) 1:43:41. **Juniors:** 1 Tylo Cumberlege (FFA) 73:59

PWC George Claassen Half Marathon (43rd) & 10 km

Pretoria, 20 January

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 2000 [up from 1850 last year]; 10 km – 2400 [up from 2000]; also 500 in 5 km.)

Half marathon

MEN

1 Sibusiso Nzima (Nedbank) 65:49; 2 Moses Kurgat (KEN/Nedbank) 65:53; 3 Samuel Segoaba (Temp) 68:33.

Veterans: 1 Reuben Setumu (Nedbank) 78:07; 2 Tsietsi Lekgelebane (MiWay) 82:32; 3 Frank Namapuputla (Beefcor) 83:01. **Masters:** 1 Moses Machailo (Vitality) 92:05; 2 Johannes Ramaphakela (City of Tshwane) 94:33; 3 Mike Foreshaw (JHAC) 96:18. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 88:01; 2 Johan Nel (Irene) 99:45; 3 Temba Ngcaku (ACE) 1:43:41. **G/g'masters:** 1 John Cannon (Irene) 1:59:30; 2 Iain McFadyen (Phobians) 2:02:26; 3 Fred Clements (ACRW) 2:39:02. **80+:** 1 Andries van Rooyen (VTM) 2:43:04.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 81:50; 2 Charné Bosman (Nedbank) 82:11 (1st vet); 3 Vuyokazi Gebe (CSIR) 85:13.

Veterans: 1 Charné Bosman (Nedbank) 82:11; 2 Julianie Basson (Born 2 Run) 95:42; 3 Mitsie v.d. Westhuizen (KPMG) 99:09. **Masters:** 1 Julie Shadwell (Vitality) 1:49:49; 2 Louise Goosen (Kempton) 1:50:50; 3 Renate van Niekerk (Magnolia) 1:59:07. **G'masters:** 1 Carole de Waal (Wingate) 2:06:40; 2 Gizelle Geyer (Phobians) 2:10:36; 3 Elize Kempen (Arcelor Mittal) 2:12:46.

10 km

MEN

1 Lucky Mohale (Boxer) 30:38; 2 Gladwin Mzazi (Boxer) 30:51; 3 Simin Mokonyama (Monaco) 31:50.

Veterans: 1 Moses Njuguna (KEN) 34:01; 2 Justice Ramalivhana (Medihelp) 36:09; 3 Sello Ramaloko (Runavation) 37:15. **Masters:** 1 Victor Phetoe (Irene) 43:05; 2 Johannes Molepo (Corr Serv) 43:15; 3 Sydney Gregan (GNMA) 43:22. **G'masters:** 1 Hein du Toit (Wingate) 54:00; 2 Louwrens Smit (Irene) 54:15; 3 Johan Bronkhorst (RWFL) 54:50. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 49:20; 2 Lammie Fourie (Agape) 56:56; 3 Andries v.d. Merwe (Transnet) 60:35. **80+:** 1 Ken Nurden (Agape) 61:02. **Juniors:** 1 Zander v.d. Merwe (VTM) 46:01; 2 Calvin van Zyl (Wingate) 53:36; 3 André Labuschagne (PTA Bobbies) 60:34.

WOMEN

1 Irvette van Zyl (Nedbank) 34:42; 2 Lebogang Phalula (Boxer) 36:16; 3 Lebo Phalula (Boxer) 37:37.

Veterans: 1 Patricia Forbes (Tuks) 46:26; 2 Marilise Bouwer (HMK) 47:18; 3 Colette Brighton (Nedbank) 50:45. **Masters:** 1 Maria Bendana (Morningside) 45:41; 2 Tersie Bosman (Temp) 46:32; 3 Winnie de Winnaar (Nedbank) 47:26. **G'masters:** 1 Ilse Crous (Affies) 52:43; 2 Petro Vermaak (CSIR) 62:47; 3 Lynn de Bruin (Irene) 62:54. **G/g'masters:** 1 Hettie Booysen (Green Mile) 89:37; 2 Buksie van Rooyen (PMMC)

1:47:57. **80+:** 1 Deirdre Larkin (Randburg) 67:19; 2 Annetjie van Rooyen (Transnet)
 1:41:07. **Juniors:** 1 Kate van Zyl (Wingate) 49:47; 2 Chantelle Schultz (Wingate) 53:44.

Galaxy Bingo Two Views 10 km

Port Elizabeth, 20 January

(Out-and-back course. Finishers: 548 [up from 500 last year].)

MEN

1	Andile	Motwana	Tinarha AC	21	31:51
2	Zolani	Ngqaqa	Tinarha AC	29	32:54
3	Adriaan	Gerwel	Ikhamba AC	21	33:37
4	Brendon	Effenaar	Nedbank RC	21	33:42
5	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	33:51

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	41	33:51
2	Michael	Prince	Nedbank RC	44	42:33
3	Bennett	Napoleon	Nedbank RC	42	45:02

Masters:

1	Michael	Charlie	Motherwell AC	51	41:15
2	Darrell	Wicht	Madiba BW	54	41:53
3	Kenneth	Menze	Bluewater Bay	56	42:02

G'masters:

1	Hannes	Els	Madiba BW	68	45:30
2	Sizinzo	Kama	Achilles AAA	66	46:31
3	Eddie	Eades	Nedbank RC	68	50:05

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	75	47:17
2	William	Vorster	PEAAC	71	54:50
3	David	O'Reilly	Nedbank RC	70	59:51

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	36	37:35
2	Ndileka	Mvakwendlu	Tinarha AC	27	41:23
3	Kirsten	Reen	Temp	38	48:28
4	Nalize	Van Straaten (1st jun)	Schools EPA	14	48:42
5	Lindy	Kretzmann (1st vet)	32Gi EP AC	41	48:57

Veterans:

1	Lindy	Kretzmann	32Gi EP AC	41	48:57
2	Toegeda	Vyver	Nedbank RC	45	53:10
3	Rushda	Jappie	Malabar	47	53:26

Masters:

1	Michelle	Van Iddekinge	Elite AC	50	50:54
2	Maria	Van Zyl	Infinity AC	58	51:27
3	Buyelwa	Kobokana	Nedbank RC	52	52:02

G'masters:

1	Helene	Oppel	Elite A C	68	1:08:06
2	Jos	Els	Madiba BW	65	1:13:20
3	Jeanette	Pienaar	PEAAC	69	1:16:34

G/g'masters:

1	Ronelle	Steyn	Nedbank RC	73	1:05:04
2	Angeline	Kivedo	Walmer AC	72	1:30:03
3	Val	Sandow	Profiles AC	72	1:32:36

Juniors:

1	Nalize	Van Straaten	Schools EPA	14	48:42
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2	Lauren	Alcock	Madiba BW	17	52:47
3	Marina	Georgiou	Schools EPA	17	57:42

Beachcomber 15 km

Strandfontein, Cape Town, 20 January

(Certified flat loop course. Finishers: 1222 [considerably up from 778 in December 2016, when the race was last held].)

MEN

1. Nkosiyethu Sotyantya (MSA) 49:31 (R800)
2. Nkosinathi Madyo (Itheke) 49:42 (R500)
3. Danzil Paulse (Sanlam) 49:58 (R250)

Veterans: 1. Mthandazo Qhina (Ned) 52:10 (R400); 2. Tsungai Mwanengeni (ZIM/Gugs) 53:54 (R300); 3. Vakalisa Kopolo (Ned) 54:41 (R200). **Masters:** 1. Johnny Persents (Edge) 60:30 (R300); 2. John September (Itheke) 60:41 (R200); 3. Zolani Ntsodo (SANDF) 62:15 (R100). **G'masters:** 1. Mochamat Kriel (Ommie) 65:34 (R200); 2. Eise Geerts (Bell) 69:23 (R150); 3. Mark Wagenheim (AAC) 71:10 (R100). **G/g'masters:** 1. Jeff Smith (Itheke) 84:49 (R150); 2. Joseph Matthews (MS) n/t (R100). **Juniors:** 1. Sibulele Ngalo (VOB) 57:49 (R200); 2. Ayabulela Bodlo (VOB) 58:19 (R150); 3. Lethu Cetywayo (VOB) 59:10 (R100).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Ned) 64:49
2. Obertina Kanyongo (ZIM/Ned) 65:36 (1st mast)
3. Candyce Hall (Carb) 66:01

Veterans: 1. Ursula Frans (Ned) 68:37; 2. Busisiwe Matiwane (Ned) 70:16; 3. Jackie Misroll (Pine) 72:08. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 65:36; 2. Ester Brink (Carb) 66:49; 3. Suzanne Marais (Strand) 67:35. **G'masters:** 1. Nancy Will (Pine) 72:50; 2. Hilary Rhode (Edge) 81:36; 3. Sonia Smith (Celtic) 82:44. **G/g'masters:** 1. Marietha Herbert (Bell) 1:31:03; 2. Marlene James (Pine) 1:48:39. **Juniors:** 1. Donne Hooper (ARD) 1:45:19; 2. Zaakirah Haggie (ARD) 1:47:53.

Dan Luyt 15 km (45th)

Durbanville, 17 January

(New certified loop course, hilly. Weather: hot and windy. Finishers: 808 [considerably down from 1116 last year].)

Note: A repeat victory here for Nomvuyisi Seti. Mthandazo Qhina also won the race in 2013. -- Ed.

MEN

1. Mthandazo Qhina (Ned) 50:15 (1st vet) (R800)
2. Angelo Booysen (CS) 50:39 (R500)
3. Carlo Flink (Itheke) 51:21 (R300)

Veterans: 1. Mthandazo Qhina (Ned) 50:15 (R400); 2. Vakalisa Koplolo (Ned) 55:32 (R250); 3. Christo van Rooyen (Ned) 62:31 (R150). **Masters:** 1. Johnny Persents (Edge) 59:01 (R350); 2. Henry Wolstenholme (Durb) 59:05 (R200); 3. Tobias Philander (Itheke) 61:58 (R100). **G'masters:** 1. Carel Muller (Stell) 75:38 (R300); 2. Colin Bonthuys (Durb) 78:34 (R200); 3. Andy Cockroft (Edge) 80:01 (R100). **G/g'masters:** 1. Ronnie le Roux (Brack) 90:28 (R250); 2. Olof Crous (Brack) 94:25 (R150). **Juniors:** 1. Carlo Flink (Itheke) 51:21 (R250); 2. Bronwyn George (Durb) 58:43 (R150); 3. Curtis Booysen (Eerste) 63:24 (R100).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Ned) 63:41
2. Christianne Adriaanse (VOB) 63:42 (1st vet)
3. Candyce Hall (Carb) 64:49

Veterans: 1. Christianne Adriaanse (VOB) 63:42; 2. Suzette McIvor (Ned) 70:55; 3. Marieke Coetzer (Durb) 74:39. **Masters:** 1. Teretha Lourens (WC) 79:42; 2. Cailey Bredenkamp (Paarl) 81:44; 3. Mariëtte Strauss (Tyger) 82:02. **G'masters:** 1. Nancy Will (Pine) 1:15:04; 2. Helen du Plessis (Brack) 1:30:07; 3. Ann Williams (PnP) 1:41:08. **G/g'masters:** 1. Marietha Herbert (Bell) 1:29:27; 2. Marlene James (Pine) 1:58:43. **Juniors:** 1. Razaan Kamaldien (Carb) 1:17:38; 2. Sophia Els (Bell) 1:24:14.

NutriBullet Bay to Bay 30 km (42nd) & 15 km (5th)

Camps Bay, 14 January

(30 km: New certified out-and-back course, very hilly. 15 km: Certified point-to-point course, very hilly. Finishers: 30 km -- 3182 [up from 2800 last year]; 15 km -- 2581 [up from 2230].)

30 km

MEN

1. Bernard Rukadza (ZIM) 1:40:59 (R5000)
2. Mthandazo Qhina (Ned) 1:41:42 (1st vet) (R3000)
3. Siyabonga Sakwe (Ned) 1:46:40 (R2000)

Veterans: 1. Mthandazo Qhina (Ned) 1:41:42 (R2500); 2. Tsungai Mwanengeni (ZIM/Gugs) 1:50:01 (R2000); 3. Shawn Abrahams (Kuils) 1:50:10 (R1500). **Masters:** 1. John September (Itheke) 1:57:42 (R2000); 2. Johnny Persents (Edge) 2:03:25 (R1500); 3. Timoth Hess (Eerste) 2:05:36 (R1000). **G'masters:** 1. Mochamat Kriel (Ommie) 2:11:11 (R1000); 2. Louis Claasen (AMSAC) 2:16:44 (R500); 3. Willie Coetzee (WC) 2:26:31 (R300). **G/g'masters:** 1. Brian Key (Forest) 2:34:20 (R500); 2. Bruce Barber (FH) 3:10:06 (R200); 3. Jimm Scott (FH) 3:23:56 (R100).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 2:00:10
2. Tanith Maxwell (Boxer) 2:00:24 (1st vet)
3. Ulrica Stander (KPMG) 2:03:31

Veterans: 1. Tanith Maxwell (Boxer) 2:00:24; 2. Ulrica Stander (KPMG) 2:03:31; 3. Ursula Frans (Ned) 2:19:33. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 2:19:33; 2. Jana Trojan (CZE/VOB) 2:20:10; 3. Angelique Rabie (Carb) 2:21:47. **G'masters:** 1. Nancy Will (Pine) 2:29:01; 2. Hester Kotze (Durb) 2:49:53; 3. Sonia Smith (Celtic) 2:55:22. **G/g'masters:** 1. Veronica van Niekerk (EGA) 2:58:52; 2. Marlene James (Pine) 3:40:56.

15 km

MEN

1. Vuyolwethu Mbukushe (Gugs) 47:53 (R2000)
2. Nkosinathi Madyo (Itheke) 48:20 (R1500)
3. Malusi Judase (Sat) 49:51 (R1000)

Veterans: 1. Vakalisa Kopolo (Ned) 52:46 (R1350); 2. Xolile Macanda (Gugs) 57:00 (R1000); 3. Mathias Kanisiu (Hout) 64:17 (R900). **Masters:** 1. Andrew Cooper (Ned) 57:58 (R900); 2. Willem Koort (Ind) 61:57 (R600); 3. Friedl van der Merwe (Ned) 62:48 (R300). **G'masters:** 1. Yusuf Kura (Itheke) 71:11 (R700); 2. Koos Smit (Hart) 75:20 (R350); 3. Neville Frieslich (FH) 77:49 (R200). **G/g'masters:** 1. Blake Wilkins (AAC)

1:19:36 (R400); 2. Wally Steel (Hout) 1:34:52 (R300); 3. Maajied Warley (SH) 1:46:22 (R200).

WOMEN (Same prize money as men)

1. Vuyiseka Nkumenge (Ned) 61:21
2. Sophie Cope (SH) 61:52
3. Bulelwa Simae (Ned) 62:41 (1st vet)

Veterans: 1. Bulelwa Simae (Ned) 62:41; 2. Chantelle Nienaber (Ind) 68:34; 3. Busisiwe Matiwane (Ned) 68:43. **Masters:** 1. Mariëtte Strauss (Tyger) 71:39; 2. Olga Howard (Ned) 72:15; 3. Renée Scott (VOB) 73:52. **G'masters:** 1. Charmaine Cupido (Ned) 81:13; 2. Mary Terry (Ind) 88:02; 3. Helen du Plessis (Brack) 92:21. **G/g'masters:** 1. Marietha Herbert (Bell) 88:24; 2. Pixie Sparg (Celtic) 94:41; 3. Chippy Steel (Hout) 97:23.

CROSS-COUNTRY

South African Cross-country Trials

Bloemfontein, 20 January

(Distances: see below. Course: a 2 km lap on grass [wet after rain the previous day].

Weather: 26-30 °C; humid.)

Note: The Lesotho athlete in the senior women's race ran a trial for selection in that country's national team. -- Ed.

SR. MEN (10 km)

1	Thabang	Mosiako	ACNW	29:49
2	Precious	Mashele	CGA	29:55
3	Kabelo	Seboko	CGA	29:58
4	Ryan	Mphahlele	CGA	30:09
5	David	Manja	ACNW	30:21
6	Milton	Kekana	TUT	30:22
7	Collen	Mulaudzi	TUT	30:30
8	Puseletso	Mofokeng	NWU PUKKE	30:34
9	Marianio	Eesou	NMU	30:36
10	Mtobisi	Baloyi	ACNW	30:42
11	Rantso	Mokopane	NWU PUKKE	30:58
12	Andries	Dumisane	UJ	31:05
13	Joel	Mmone	ACNW	31:12
14	Marko	Bucarizza	CGA	31:13
15	Rowhaldo	Ratz	UWC	31:17
16	Thamsanqa	Khonco	UJ	31:29
17	Phillimon	Mathiba	CGA	31:35
18	Anthony	Timoteus	UWC	31:36
19	Moeketsi	Tseiso	ACNW	31:41
20	Merlin	Klaaste	UWC	31:50
21	Mpho	Motaung	TUT	31:58
22	Ashley	Smith	UWC	32:11
23	Henry	Makane	UJ	32:23
24	Tankiso	Radebe	VUT	32:42
25	Kabelo	Melamu	CGA	32:48
26	Itumeleng	Sekiso	NWU PUKKE	32:58
27	Mahlatse	Makoasha	TUT	33:48
28	Proud	Mngomezulu	TUT	33:56
29	Msizi	Buthelezi	VUT	36:20

JR. MEN (8 km)

1	Pakiso	Mthembu	AFS	24:02
2	Dais	Malebane	AGN	24:18
3	Ngconde	Matwebo	AFS	24:30
4	Tumi	Lepotho	CGA	24:39
5	Katleho	Moloi	AMPU	24:44
6	Maxime	Chaymeton	CGA	24:53
7	Kutlwisiso	Sidinile	CGA	25:19
8	Caleb	Beukes	CGA	25:26
9	Nicholas	Seaposengwe	CGA	25:33
10	Moses	Bulwane	ACNW	25:49
11	Lebohang	Mahloane	AFS	25:55
12	Oliver	Steward	WPA	26:20
13	Sanele	Masondo	KZNA	26:27
14	Tshepo	Ntuntwane	CGA	26:00
15	Lucas	Silwane	CGA-I	28:09
16	Malefetsane	Mofokeng	AFS	28:19

SR. WOMEN (10 km)

1	Kesa	Molotsane	UFS	35:29
2	Glenrose	Xaba	AGN	35:39
3	Cherise	Sims	NMU	36:45
4	Ts'pang	Sello (LES)	UFS	38:04
5	Maria	Shai	CGA	38:44
6	Stella	Marais	AGN	38:53
7	Louzanne	Coetzee	UFS	39:32
8	Marne	Redelinghuys	UFS	39:44
9	Michelle	Redelinghuys	UP	40:15
10	Danel	Du Plessis	NWU PUKKE	40:22
11	Anelda	Van Staden	CGA	40:49
12	Danette	Marais	UP	41:44
13	Cian	Oldknow	UJ	42:05
14	Carina	Swiegers	UP	42:55
15	Tholoana	Peu	TUT	45:34

JR. WOMEN (6 km)

1	Prudence	Sekgadiso	AGN	20:57
2	Carmie	Prinsloo	AGN	20:57
3	Nicole	Louw	AFS	21:00
4	Tyler	Beling	AFS	21:01
5	Casey	Bosman	CGA	21:20
6	Simonay	Weitsz	CGA	21:41
7	Lesego	Mpshe	CGA	21:52
8	Lara	Orrock	AFS	22:13
9	Yandiswa	Shange	CGA	22:58
10	Sisanda	Dumusa	AGN	23:31
11	Michaela	Murat	CGA	23:40
12	Dipuo	Mashishi	CGA	23:42
13	Lyndi	Roelofse	CGA	24:15
14	Thobile	Vilakazi	CGA	24:28
15	Ntswaki	Molahloe	AFS	24:58

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

Standard Chartered Hong Kong Marathon (22nd)

(IAAF Gold Label Road Race)

Hong Kong, HKG, 21 January

(Distance: 42.195 km)

MEN (gun times)

1. Kenneth Mburu Mungara, 1973, KEN 2:13:39 USD 65,000
2. Bonsa Dida Direba, ETH 2:13:44 30,000
3. Barnabas Kiptum, KEN 2:13:52 15,000

WOMEN (gun times)

1. Gulume Tollesa Chala, ETH 2:29:37 CR* USD 65,000 + 5,000i
2. Meskerem Assefa, ETH 2:29:42 30,000 + 5,000i
3. Fantu Eticha Jimma, ETH 2:30:10 15,000 + 5,000i

i) Earned time incentive bonus for sub-2:32:00

Tata Mumbai Marathon (15th)

Mumbai, IND, 21 January

(Distance: 42.195 km)

MEN:

1. Solomon Deksis, ETH 2:09:34 USD 42,000
2. Shumet Aklanaw, ETH 2:10:00 23,000
3. Joshua Kipkorir, KEN 2:10:30 17,000

WOMEN:

1. Amane Gobena, ETH 2:25:49 USD 42,000
2. Bornes Kitur, KEN 2:28:48 23,000
3. Shuko Genemo, ETH 2:29:41 17,000

Saucony Halve-Marathon von Egmond (45th)

Egmond Aan Zee, NED, 14 January

(Distance: 21.1 km with some sections on the beach; elite women race started 9 minutes 17 seconds before men.)

MEN (gun times)

1. Edwin Kiptoo, KEN, 1:02:36
2. Leonard Langat, KEN, 1:04:15
3. Ronald Kirui, KEN, 1:04:26

WOMEN (gun times)

1. Zeyneba Yimer, ETH, 1:12:19
2. Evaline Chirchir, KEN, 1:12:26
3. Tadelech Bekele, ETH, 1:12:29

Okukuma Road Race (6th)

Kumagun, Kumamoto, JPN, 14 January

(Distance: 21.1 km)

MEN (gun times)

1. Jeremiah Thuku Karemi (KEN), 1:01:48 CR
2. Melaku Abera (ETH), 1:01:57
3. Joel Mwaura (KEN), 1:03:01

WOMEN (gun times)

1. Yomogi Akasaka, 1:13:36
2. Saki Tokoro, 1:14:08
3. Mari Ozaki, 1:14:43

CROSS-COUNTRY**Cross Internacional de Itálica (36th)**

(IAAF Cross-country Permit)

Santiponce (Seville), ESP, 21 January

MEN

International(11075 m):

1. Joshua Cheptegei, 1996, UGA, 30:54
2. Jacob Kiplimo, 2000, UGA, 30:55
3. Selemon Barega, 2000, ETH, 31:01
4. Abadi Hadis, 1997, ETH, 31:01
5. Emanuel Giniki, 1988, TAN, 31:08

U20 (6735 m):

1. Ouassim Oumaiz, 1999, ESP, 20:01
2. Thomas Mortimer, 1999, GBR, 20:28
3. Alfie Manthorpe, 1999, GBR, 20:37
4. Ricky Lukatome, 1999, GBR, 20:58
5. Ben Davis, 1999, GBR, 21:06

WOMEN

International(8265 m):

1. Agnes Jebet Tirop, 1995, KEN, 25:51
2. Lilian Kasait Rengeruk, 1997, KEN, 26:01
3. Hellen Onsando Obiri, 1989, KEN, 26:03
4. Ruth Jebet, 1996, BRN, 26:12
5. Trihas Gebre, 1990, ESP, 27:08

U20 (3925 m):

1. Hannah Hobbs, 1999, GBR, 13:10
2. Chloe Sharp, 1999, GBR, 13:35
3. Maria del mar Marqués, 1999, ESP, 14:33
4. Nuria Roldan, 2000, ESP, 14:34
5. Maria Pernia, 1999, ESP, 14:54

Cross Della Vallagarina (41st)

Rovereto, ITA, 21 January

SR. MEN (10 km/extended times):

1. Telahun Haile BEKELE, 1999, ETH, 26:58.29

2. Albert CHEMUTAI, 1999, UGA, 27:03.73
3. Yasin HAJI, 1996, ETH, 27:21.60
4. Primien MANIRAFASHA, 1989, A.ATL.DOLOMITI BELLUNO, 28:21.19
5. Cesare MAESTRI, 1993, ATL. VALLI BERGAMASCHE LEFFE, 28:25.84

SR WOMEN (6 km):

1. Norah Tanui JERUTO, 1995, KEN, 21:05
2. Sara BOTTARELLI, 1990, FREE-ZONE, 22:29
3. Valeria ROFFINO, 1990, G.S. FIAMME AZZURRE, 22:36
4. Moira STEVARTOVA, 1995, CZE, 22:57
5. Federica DAL RI, 1980, C.S. ESERCITO, 22:59

Great Edinburgh Cross-country (13th)

(European Athletics Cross-country Permit Meet)

Edinburgh, Scotland, GBR, 13 January

SR. MEN INTERNATIONAL RACE (8 km/2 short 1 km laps & 4 long 1.5 km laps)

Team results (six athletes score per team): 1. Europe, 47 points; 2. USA, 50; 3. Great Britain, 74.

Individual finishers:

1. Leonard Korir, USA, 24:32
2. Kaan Kigen Ozbilen (TUR), EUR, 24:35
3. Aras Kaya (TUR), EUR, 24:39

SR. WOMEN INTERNATIONAL RACE (6 km/4 long 1.5 km laps)

Team results (six athletes score per team): 1. Europe, 42 points; 2. Great Britain, 52; 3. USA, 81.

Individual finishers:

1. Yasmin Can (TUR), EUR, 20:58
2. Emelia Gorecka, GBR, 21:00
3. Molly Seidel, USA, 21:04
- ... 9. Jess Judd, GBR, 21:37

INDOOR TRACK

Wolverine Invitational

University of Michigan Indoor Track, Ann Arbor, USA, 13 January

MEN

800:

Heat 1:

1. Nick Willis, adidas-NZL, 1:53.76
2. Matt Plowman, JR, Michigan, 1:54.60
3. Connor Mora, SR, Michigan, 1:55.73

Heat 2:

1. Luke Wallace, FR, Michigan, 1:55.50
2. Caleb Hess, SR, Eastern Michigan, 1:56.01

Mile:

Invitational:

1. Nick Willis, adidas-NZL, 3:57.99 FR
2. Hamish Carson, Nike-NZL, 3:58.68
3. Mason Ferlic, Nike, 4:00.31

STATS TIME

This week we include a list of the top ten SA veteran men 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. Although he does not have the fastest performance, Johannes Kekana dominates the list with four times -- half of the top eight.

2017 HALF MARATHON: TOP 10 VETERAN MEN

1:07:16	Simon Mpholo	1	Port Elizabeth	24 Jun
1:07:45	Siyabulele Madlavana	2	Port Elizabeth	24 Jun
1:08:04	Malesela Johannes Kekana	1	Phalaborwa	29 Jul
1:08:32	Kekana-2	1	Polokwane	01 Apr
1:08:41	Hendrick Ramaala	3	Port Elizabeth	24 Jun
1:08:59	Mzwanele Maphekula	3	Port Elizabeth	24 Jun
1:09:08	Kekana-3	1	Pretoria	30 Sep
1:09:20	Kekana-4	1	Polokwane	29 Apr
1:09:23	Zongamele Dyubeni	1	East London	24 Sep
1:09:29	Paulus Ramakopo	4	Port Elizabeth	24 Jun
1:09:53	Mphikeleli Graham Malinga	5	Port Elizabeth	24 Jun
1:10:01	Mthandazo Qhina	1	Somerset West	10 Dec
1:10:20	Ntuthuko Maseko	6	Port Elizabeth	24 Jun

THIS MONTH IN HISTORY

23 years ago: 28 January 1995

The East London AC Marathon, first held in 1979, has had many names over the years, such as Mineshaft (until 1983 the course was extremely downhill), Pennypinchers and ELAC. On this day both Lunga Mancam and Claire Jackson took the titles with quick times. Mancam's 2:21:27 was the third fastest in the race up till that time, while Jackson's 3:02:52 was by far the fastest women's time. In fact, Jackson's time has never been beaten in the race, which unfortunately was changed to a half marathon in 2009.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

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	30:38	Lucky Mohale	Pretoria	20 Jan
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	46:42	Melikhaya Frans	Jeffreys Bay	06 Jan

21.1 km	41:13 65:49 58:23	Leonard Patrick Komon (KEN) 2010 Sibusiso Nzima Pretoria Zersenay Tadese (ERI) 2010	20 Jan
25 km			
30 km	71:18 1:41:42	Dennis Kipruto Kimetto (KEN) Mthandazo Qhina (vet) Camps Bay	14 Jan
Marathon	87:13** 87:13**	Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016	
100 km	2:02:57 6:13:33	Dennis Kimetto (KEN) 2014 Takahiro Sunada (JPN) 1998	

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

Veterans (40+)

10 km	33:51 27:48	Mzwanele Maphekula Port Elizabeth Bernard Lagat (USA) 2015	20 Jan
15 km	48:11 44:14	Mthandazo Qhina Constantia Pierre Levisse (FRA) 1992	06 Jan
21.1 km	78:07 61:09	Reuben Setumu Pretoria Haile Gebrselassie (ETH) 2013	20 Jan
25 km			
30 km	76:49 1:41:42 89:45	Martin Mondragon (MEX) 1994 Mthandazo Qhina Camps Bay Mark Kiptoo Kosgei (KEN) 2016	14 Jan
Marathon	2:08:38	Kenneth Mungara (KEN) 2016	
100 km	6:18:24	Mario Ardemagni (ITA) 2004	

Masters (50+)

10 km	39:11 30:35	Elias Legodi Pretoria Tecwyn Davies (GBR) 1988	13 Jan
15 km	56:18 47:52	John September Constantia Titus Mamabolo (RSA) 1991	06 Jan
21.1 km	88:16 66:23	Wayne Scott Botha's Hill Titus Mamabolo (RSA) 1991	21 Jan
25 km			
30 km	84:12 1:57:42 1:46:33	Norman Green (USA) 1984 John September Camps Bay Norman Green (USA) 1988	14 Jan
Marathon	2:19:29	Titus Mamabolo (RSA) 1991	
100 km	6:43:33	Roland Vuillemot (FRA) 1996	

Grandmasters (60+)

10 km	41:47 32:48	David Maphungula Pretoria Martin Rees (GBR) 2013	13 Jan
15 km	62:40 54:32	Mochamat Kriel Constantia Cees Stolwijk (NED) 2013	06 Jan
21.1 km	94:37 71:31	Andy Daly Botha's Hill Martin Rees (GBR) 2013	21 Jan

25 km	94:01	Doug Winn (USA) 2010		
30 km	2:11:11	Mochamat Kriel	Camps Bay	14 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	47:17	Tamsanqa Jusayi	Port Elizabeth	20 Jan
	37:33	Ed Whitlock (CAN) 2004		
15 km	70:09	Jimmy Morris	Constantia	06 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	1:59:30	John Cannon	Pretoria	20 Jan
	82:23	Ed Whitlock (CAN) 2001		
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:34:20	Brian Key	Camps Bay	14 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	37:06	Tertius Mentz	Pretoria	13 Jan
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	51:21	Carlo Flink	Durbanville	17 Jan
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	1:46:48	Lucas Hlope	Botha's Hill	21 Jan
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	34:42	Irvette van Zyl	Pretoria	20 Jan
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	56:57	Ntombesintu Mfunzi	Jeffreys Bay	06 Jan
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	82:11	Charné Bosman (vet)	Pretoria	20 Jan
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	2:00:24	Tanith Maxwell (vet)	Camps Bay	14 Jan
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:36:05 Wo	Mary Keitany (KEN) 2017		
Marathon	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		

100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	44:20	Adel van den Worm	Pretoria	13 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:11	Charné Bosman	Pretoria	20 Jan
	69:37	Deena Kastor (USA) 2014		
25 km				
	85:15	Colleen de Reuck (USA) 2005		
30 km	2:00:24	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon				
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km				
	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	44:48	Elmarie Pretorius	Pretoria	13 Jan
	34:14	Linda Somers (USA) 2011		
15 km	66:49	Ester Brink	Strandfontein	20 Jan
	52:38	Monica Joyce (USA) 2009		
21.1 km	1:48:26	Ansie Breytenbach	Pretoria	13 Jan
	75:18	Linda Somers (USA) 2011		
25 km				
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:21:47	Angelique Rabie	Camps Bay	14 Jan
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon				
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	47:19	Petro Vermaak	Pretoria	13 Jan
	38:56	Lidia Zentner (GER) 2015		
15 km	71:05	Nancy Will	Constantia	06 Jan
	61:25	Kathryn Martin (USA) 2011		
21.1 km	1:58:18	Blanche Moila	Pretoria	13 Jan
	84:56	Bernadine Portenski (NZL) 2010		
25 km				
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:29:01	Nancy Will	Camps Bay	14 Jan
	2:15:30	Kathryn Martin (USA) 2012		
Marathon				
	3:12:57	Emmi Luthi (SUI) 2009		
100 km				
	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	51:10	Annatjie Greyvenstein	Pretoria	13 Jan
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:31	Marietha Herbert	Constantia	06 Jan
	72:52	Jo Klein (NED) 2004		
21.1 km				

25 km	97:38	Lavinia Petrie (AUS) 2014		
30 km	2:18:20	Gerry Davidson (USA) 1991		
	2:58:52	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				
	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	48:30	Tyler Cumberledge	Pretoria	13 Jan
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	70:51	Razaan Kamaldien	Constantia	06 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	2:07:04	Marlize Reitz	Pretoria	13 Jan
	67:57	Abebu Gelan Adugna (ETH) 2009		

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