

Distance Running Results

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EDITORIAL

The three Akasia races in Pretoria this weekend produced no fewer than thirteen list leaders, with the marathon going to Edward Mothibi in 2:29:31 and Franci Myburgh in 3:19:31. While Mothibi's time is a list leader, Myburgh's is not -- Candyce Hall ran 3:16:31 in the 29th STBB Red Hill Marathon in Fish Hoek, with defending champion Adele Waldron second. The accompanying Red Hill 36.2 km was run for the 43rd time and won by Siviwe Nkombi and vet Ulrica Stander.

In the Cassie's 15 km in Port Elizabeth repeat victories were scored by Melikhaya Frans (in a list leader 45:06) and Ntombesintu Mfunzi (57:36). Two other list leaders were also set.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * STBB Red Hill 36.2 km & Marathon, Fish Hoek
- * Cassie's 15 km, Port Elizabeth
- * Akasia Marathon, Half Marathon & 10 km, Pretoria

International highlights:

- * Osaka Women's Marathon & Osaka Half Marathon, Osaka, JPN
 - * Standard Chartered Dubai Marathon & 10 km, Dubai, UAE
 - * Media Maratón Internacional Vila de Santa Pola, Santa Pola, ESP
 - * Meia Maratona Manuela Machado, Viana do Castelo, POR
 - * Corrida de São Sebastião Caixa, Rio de Janeiro, BRA
 - * Spanish Half-Marathon Championships, Melilla, ESP
 - * XC: Cross Internacional de San Sebastián, San Sebastián, ESP; Elgeyo-Marakwet County Cross-Country Championships, Iten, KEN
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ROAD RUNNING

STBB Red Hill 36.2 km (43rd) & Marathon (29th)

Fish Hoek, 27 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses. Finishers: 36.2 km – 1027 [down from 1147 last year]; marathon – 918 [up from 813].)

Note: To put the winning times for the rather odd distance of 36.2 km into perspective, Siviwe Nkombi's and Ulrica Stander's times equate to approx. 2:29:10 and 2:58:48 respectively. -- Ed.

36.2 km

MEN

1. Siviwe Nkombi (Ned) 2:07:58
2. Anda Lubelwana (Hout) 2:09:04
3. Mthandazo Qhina (Ned) 2:12:29 (1st vet)

Veterans: 1. Mthandazo Qhina (Ned) 2:12:29; 2. Vuyani Sixaso (Gugs) 2:23:35; 3. Gareth Berning (VOB) 2:26:56. **Masters:** 1. John September (Itheke) 2:33:20; 2. Ludwig Lillie (Durb) 2:48:46; 3. Binyamien Kariem (ARD) 2:57:43. **G'masters:** 1. Piet Smit (Swart) 3:01:01; 2. Louis Claassen (Sald) 3:08:24; 3. Mark Wagenheim (AAC) 3:13:25. **G/g'masters:** 1. Brian Key (Forest) 3:12:24; 2. Gavin Turner (Whalers) 4:26:28; 3. Kaare James (Pine) 4:52:09.

WOMEN

1. Ulrica Stander (KPMG) 2:33:24 (1st vet)
2. Danette Smith (KPMG) 2:35:30
3. Tanith Maxwell (Boxer) 2:39:18

Veterans: 1. Ulrica Stander (KPMG) 2:33:24; 2. Tanith Maxwell (Boxer) 2:39:18; 3. Anne Stewart (Harf) 2:55:26. **Masters:** 1. Ester Brink (Carb) 3:09:21; 2. Gail Maharaj (SANDF) 3:26:47; 3. Roldah Orrie (Itheke) 3:28:40. **G'masters:** 1. Annelie van der Linde (Durb) 3:33:50; 2. Sonia Smith (Celtic) 3:38:34; 3. Odile Quintard (SH) 4:19:10. **G/g'masters:** 1. Marlene James (Pine) 4:47:47.

Marathon

MEN

1. Anele Ndzuta (Ned) 2:45:44
2. Simphiwe Vellel (Gugs) 2:49:44
3. Reuben Mhashu (Hout) 2:52:00

Veterans: 1. Quinton Prince (Met) 3:01:57; 2. Cecil Reid (Celtic) 3:04:21; 3. Nicholas Mpontshane (Sanlam) 3:06:30. **Masters:** 1. Sydney Rustin (SANDF) 3:14:20; 2. Zolani Ntsodo (SANDF) 3:21:39; 3. Paul Cieverts (Top) 3:28:33. **G'masters:** 1. Kosie Botha (CS Bol) 3:25:09; 2. Mochamat Kriel (Ommie) 3:31:47; 3. Andrew Cockcroft (Edge) 4:07:09. **G/g'masters:** 1. Lawrence Ashworth (Strand) 4:41:10.

WOMEN

1. Candyce Hall (Carb) 3:16:31
2. Adele Waldron (KPMG) 3:18:47 (1st vet)
3. Linda Kinloch-Smith (Bell) 3:20:21

Veterans: 1. Adele Waldron (KPMG) 3:18:47; 2. Linda Kinloch-Smith (Bell) 3:20:21 [only first two vets given]. **Masters:** 1. Angelique Rabie (Carb) 3:27:54; 2. Jana Trojan (CZE/VOB) 3:32:35; 3. Zahn Munch (Stell) 3:43:18. **G'masters:** 1. Nancy Will (Pine) 3:37:54; 2. Ruth Leverton (Pine) 4:44:49.

Cassie's 15 km

Port Elizabeth, 27 January

(Out-and-back course. Finishers: 711 [up from 625 last year].)

MEN

1	Melikhaya	Frans	Ikhamba AC	27	45:06
2	Zolani	Mabhongo	Ikhamba AC	31	47:31
3	Luyanda	Tshangana	Ikhamba AC	34	48:12
4	Gift	Chigomarawa	ZIM/Nedbank RC	30	50:26
5	Eric	Sigxashe	Motherwell AC	39	51:15

Veterans:

1	Melikhaya	Kepe	Nedbank RC	41	55:38
2	Noel	Adams	Gelvan AC	45	58:05
3	Thembekile	Msipa	Charlo AC	43	1:00:27

Masters:

1	Desmond	Zibi	Achilles AAA	54	55:18
2	Christopher	Mabengeza	Nedbank RC	51	55:36
3	Mutekile	Rasmeni	Nedbank RC	53	59:07

G'masters:

1	Hannes	Els	Madiba BW	68	1:07:24
2	Clifford	Hicken	Nedbank RC	60	1:07:33
3	Sizinzo	Kama	Achilles AAA	66	1:09:20

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	75	1:09:45
2	Cilliers	Swart	Nedbank RC	71	1:17:42
3	William	Vorster	PEAAC	71	1:25:37

Juniors:

1	Anele	Voorman	Nedbank RC	17	56:09
2	Rashaad	Dolley	VWAC	16	1:05:11
3	Elroy	Claassen	Charlo AC	17	1:25:33

WOMEN

1	Ntombesinth	Mfunzi	Nedbank RC	36	57:36
2	Ndileka	Mvakwendlu	Tinarha AC	27	1:01:26
3	Luthando	Nxanisa	Madibaz AC	25	1:03:51
4	Nokholo	Hlezupondo	SANDF AC EP	38	1:04:04
5	Davera	Magson (1st vet)	Nedbank RC	43	1:06:17

Veterans:

1	Davera	Magson	Nedbank RC	43	1:06:17
2	Grizelda	Pietersen	Nedbank RC	49	1:12:16
3	Priscilla	Dyantyi	Nedbank RC	43	1:13:09

Masters:

1	Michelle	Van der Watt	Elite AC	50	1:12:54
2	Carolyn	Grant	Albany SS	52	1:22:21
3	Charmaine	Button	Madibaz AC	54	1:23:46

G'masters:

1	Hanlie	Van der Westhuizen	Despatch AC	61	1:12:54
2	Renee	Hawkridge	Bluewater Bay	66	1:22:15
3	Cathy	Ives	Achilles AAA	64	1:37:52

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	1:30:49
2	Ronelle	Steyn	Nedbank RC	73	1:35:22
3	Christine	Fourie	Elite AC	71	1:51:12

Juniors:

1	Logan	Robinson	Schools EPA	15	1:41:08
2	Zene	Gerber	Madibaz AC	16	1:42:00

Akasia Marathon, Half Marathon & 10 km

Pretoria, 27 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Weather: cool with rain. Finishers: marathon – 1700 [up from 1200 last year]; half marathon – 1700 [up from 1600]; 10 km – 2800 [big increase from 2200].)

Marathon

MEN

1 Edward Mothibi (TUT) 2:29:31; 2 Sello Lekalakalu (Temp) 2:30:48; 3 Gift Mphahlele (Arcadia) 2:32:29.

Veterans: 1 Nicky Masombuka (Nedbank) 2:39:06; 2 Ntsheleng Mosine (Cool Running) 2:39:42; 3 Jameson Mabapa (Nedbank) 2:44:43. **Masters:** 1 Solomon Khumalo (Carlton) 2:49:19; 2 Nhlanhla Magubani (Corr Serv) 2:59:18. **G'masters:** 1 Sam Ndala (Nedbank) 3:33:11; 2 Theo Swanepoel (Benoni Harriers) 3:43:50. **G/g'masters:** 1 Iain McFadyen (Phobians) 4:51:03.

WOMEN

1 Franci Myburgh (Wanderers) 3:19:31; 2 Isel Barnard (Magnolia) 3:19:55; 3 Lorraine Boshoff (VTM) 3:30:16 (1st vet).

Veterans: 1 Lorraine Boshoff (VTM) 3:30:16; 2 Angie Latten (Lewensentrum) 3:38:45; 3 Gwen Muller (Jeppe) 3:49:09. **Masters:** 1 Karen Coomber (ACRW) 3:40:12; 2 Sue Harrisberg (RAC) 3:53:38. **G'masters:** 1 Gizelle Geyer (Phobians) 4:44:29; 2 Riana Rousseau (HQH) 5:07:02.

Half marathon

MEN

1 Collen Mulaudzi (TUT) 67:21; 2 Bafana Dube (Boot Camp) 71:07; 3 Shadrack Hoff (Maxed Elite) 71:28 (1st vet).

Veterans: 1 Shadrack Hoff (Maxed Elite) 71:28; 2 Moses Njuguna (KEN) 73:34; 3 Modise Mokaoane (Kagiso Striders) 77:48. **Masters:** 1 Tidimalo Modiga (MiWay) 80:54; 2 Moses Machailo (Vitality) 90:33. **G'masters:** 1 David Maphangulo (Fortis North) 90:10; 2 Daniel Hlongwane (Nedabnk) 1:48:04. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 1:45:25. **80+:** 1 Andries van Rooyen (VTM) 2:44:45. **Juniors:** 1 Themba Chauke (A4A) 77:31.

WOMEN

1 Vuyokazi Gebe (CSIR) 84:44; 2 René Reynecke (RWFL) 85:16; 3 Leani Grimes (Magnolia) 88:18.

Veterans: 1 Helen Ibbotson (Born 2 Run) 91:41; 2 Beate Weichert (Runavation) 1:41:52; 3 Rosemary Brink (Irene) 1:44:40. **Masters:** 1 Elmarie Pretorius (RWFL) 98:54; 2 Maria Bendana (Morningside) 1:41:15. **G'masters:** 1 Ilze Crous (Affies) 1:59:30; 2 Riana Lighthelm (HMK) 2:05:37. **Juniors:** 1 Glory Mabudafhasi (A4A) 1:46:02; 2 Marelise Reits (FPN) 1:52:14.

10 km

MEN

1 Reghen Magwai (Born 2 Run) 31:20; 2 Samuel Segoba (Temp) 32:04; 3 Raul Mobinbisa (VTM) 32:33.

Veterans: 1 Enoch Skosana (Nedbank) 35:40; 2 Justice Ramuliganna (Medihelp) 36:00; 3 Sello Ramaloko (Runavation) 36:10. **Masters:** 1 Nelson Simanga (Temp) 38:40; 2 Alfred Manja (Nedbank) 39:00. **G'masters:** 1 Sontaga Mabale (Midrand) 42:20 ; 2 Trevor Parry (HMK) 46:10. **G/g'masters:** 1 Elias Raphulu (Runners Store) 47:50. **80+:** 1 Ken Nurden (Agape) 56:00. **Juniors:** 1 Andrew Lubisi (A4A) 37:50; 2 Rian Botes (VTM) 44:00; 3 Khan Nothnagel (VTM) 40:50.

WOMEN

1 Catherine Skosana (Boxer) 41:55; 2 Nerissa le Roux (Runavation) 42:05; 3 Ronel Thomas (Boxer) 42:10 (1st vet).

Veterans: 1 Ronel Thomas (Boxer) 42:10; 2 Marilize Meyer (HMK) 43:15; 3 Carol Goodensen (FPN) 44:17. **Masters:** 1 Ansie Breytenbach (Irene) 47:30; 2 Winne de Winnaar (Nedbank) 48:10; 3 Debbie Bredenkamp (HQH) 48:15. **G'masters:** 1 Erica Geldenhuys (Temp) 48:10; 2 Joey Cloete (Irene) 49:00. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 57:00. **80+:** 1 Deirdre Larkin (Randburg) n/t. **Juniors:** 1 Kate van Zyl (Wingate) 44:17; 2 Karina van Duyker (FPN) 45:10 3 Kaylee Jordaan (FPN) 47:18.

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

Osaka Women's Marathon (37th) & Osaka Half Marathon

(IAAF Gold Label Road Race)

Osaka, JPN, 28 January

(Distances: 42.195 km, certified out-and-back course, and 21.1 km)

Marathon (gun times)

WOMEN ONLY

- | | |
|--------------------------|----------------|
| 1. Mizuki MATSUDA, JPN | 2:22:44 DB |
| [1:11:59 / 1:10:45] | |
| 2. Honami MAEDA, JPN | 2:23:48 PB |
| 3. Yuka ANDO, JPN | 2:27:37 |
| 4. Anja SCHERL, GER | 2:29:29 |
| 5. Kaori YOSHIDA, JPN | 2:29:53 |
| 6. Mari OZAKI, 1975, JPN | 2:30:03 NR4044 |

Half Marathon (gun times)

MEN

- | | |
|-----------------------------|---------------|
| 1. Kazuma Ito, JPN | 1:02:10 PB/CR |
| 2. Kentaro Nakamoto, JPN | 1:02:12 PB |
| 3. Ryusei Takahashi, JPN | 1:02:14 PB |
| 4. Koki Tanaka, JPN | 1:02:15 PB |
| 5. Masato Terauchi, JPN | 1:02:23 PB |
| 6. Tsuyoshi Bando, JPN | 1:02:25 PB |
| 7. Takuya Fukatsu, JPN | 1:02:29 |
| 8. Kazuki Muramoto, JPN | 1:02:35 PB |
| 9. Masamichi Yasuda, JPN | 1:02:39 |
| 10. Yuichiro Nishikawa, JPN | 1:02:42 |

WOMEN

- | | |
|-------------------|---------|
| 1. Maki Ashi, JPN | 1:11:26 |
|-------------------|---------|

2. Ayaka Yokose, JPN	1:11:58 PB
3. Madoka Nakano, JPN	1:12:12 PB
4. Hsieh Chien-Ho, TPE	1:12:19 NR
5. Nanayo Okamoto, JPN	1:12:31 PB
6. Ayano Tanaka, JPN	1:13:20

Standard Chartered Dubai Marathon (19th) & 10 km

(IAAF Gold Label)

Dubai, UAE, 26 January

(Distances: 42.195 km, AIMS certified, record-standard, out-and-back course; 10 km, out-and-back course)

Note: There was a terrific sprint finish in the men's competition with the top-6 finishing within 15 seconds, and for the first time seven runners finished sub-2:05. There were also four sub-2:20 marks in the women's race, the first time ever in a single marathon. -- Ed.

Marathon (gun times)

MEN

1. Mosinet Geremew Bayih, ETH	2:04:00 PB/WL/CR USD 200,000	
	[1:01:38 / 1:02:22]	
2. Leul Gebresilase Aleme, ETH	2:04:02 PB	80,000
3. Tamirat Tola Adere, ETH	2:04:06 PB	40,000
4. Asefa Mengstu Negewo, ETH	2:04:06 PB	20,000
5. Sisay Lemma Kasaye, ETH	2:04:08 PB	13,000
6. Birhanu Legese Gurmesa, ETH	2:04:15 PB	12,000
7. Seifu Tura Abdiwak, ETH	2:04:44 PB	11,500
8. Yenew Alamirew Getahun, ETH	2:08:56 PB	11,000

WOMEN

1. Roza Dereje Bekele, ETH	2:19:17 PB/WL/CR USD 200,000	
	[1:10:07 / 1:09:10]	
2. Feyse Tadese Boru, ETH	2:19:30 PB	80,000
3. Yebgual Melese Arage, ETH	2:19:36 PB	40,000
4. Worknesh Degefa Debele, ETH	2:19:53 PB	20,000
5. Haftamnesh Tesfay Haylu, ETH	2:20:13 PB	13,000
6. Gelete Burka Bati, ETH	2:20:45 PB	12,000
7. Dera Dida Yami, ETH	2:21:45 PB	11,500
8. Desi Jisa Mokonin, BRN	2:24:05 PB	11,000
9. Sembere Teferi Sora, ETH	2:24:11 PB	10,500
10. Muliye Dekebo Haylemariyam, ETH	2:26:52 PB	10,000

10 km (gun times)

MEN

1. Samir Jouaher, MAR	29:31 DIR 4000 (=USD 1089)
2. Birnanu Bekele Berga Birhanu, ETH	29:31 2000
3. Beyene Tilahun Amsalu, ETH	29:37 1000

WOMEN

1. Gerda Steyn, RSA	34:35 DIR 4000 (=USD 1089)
2. Myriam Lamure, FRA	38:21 2000
3. Jinna Gar, COL	38:28 1000
4. Cherie Barnard, RSA	41:34

Media Maratón Internacional Vila de Santa Pola (29th)

Santa Pola (Alicante), ESP, 21 January

(Distance: 21.1 km)

MEN (gun times)

1. Josphat Kiprono Menjo, KEN, 1:04:29, 1200€
2. Hassane Ahouchar, MAR, 1:05:20, 800€
3. Ouais Zitane, MAR, 1:09:11, 600€
- ... 12. Martin Fiz, ESP, 1:12:49

WOMEN (gun times)

1. Beth Muthoni Karanja, KEN, 1:15:57, 1200€
2. Eunice Jepkorir Kertich, KEN, 1:19:53, 800€
3. Mari Ángeles Magán, ESP, 1:22:51, 600€

Meia Maratona Manuela Machado (20th)

Viana do Castelo, POR, 21 January

(Distance: 21.1 km; flat, one-loop course)

Note: This event honors Manuela Machado, the 1995 world marathon champion who also won the European title twice, in 1994 and 1998. --Ed.

MEN

1. Miguel Ribeiro, Clube de Atletismo Olimpico vianense, 1:06:12, 800€
2. Daniel Pinheiro, Aguias de Alvelos, 1:06:18, 700€
3. Ricardo Dias, Sporting Clube de Portugal, 1:06:32, 500€

WOMEN

1. Filomena Costa, A.D. Jardim da Serra, 1:14:09, 800€
2. Monica Silva, 1:16:06, 700€
3. Doroteia Peixoto, Amigos da Montanha, 1:18:40, 500€

Corrida de São Sebastião Caixa

(CBAAt Permit)

Rio de Janeiro, BRA, 20 January

(Distance: 10 km)

MEN (gun times)

1. Maxweel Kortek Rotich, KEN, 29:37, 4500 BRL (=USD 1408)
2. Paul Kipkorir Kipkemoi, KEN, 29:50, 2750 BRL
3. Gilmar Lopes, BRA, 29:58, 2000 BRL

WOMEN

1. Paskalia Chepkorir, KEN, 33:44, 4500 BRL (=USD 1408)
2. Esther Chesang Kakuri, KEN, 33:59, 2750 BRL
3. Leah Jerotich, KEN, 34:30, 2000 BRL

Spanish Half-Marathon Championships (27th)

Melilla, ESP, 20 January

(Distance: 21.1 km; certified course)

MEN (gun times)

1. Houssame Eddine Benabbou Azizi, A.D. Marathon, 25.05.93, 1:03:55 PB
2. Camilo Raul Santiago Jimenez, Añares-Rioja, 22.12.82, 1:04:14 PB

3. Jaume Leiva Beato, CE Irunwithleiva, 30.07.83, 1:04:15

WOMEN (gun times)

1. Maria Teresa Urbina Gomez, FC Barcelona, 20.03.85, 1:13:39 PB
2. Elena Loyo Menoyo, Bilbao Atletismo, 11.01.83, 1:14:00
3. Irene Pelayo Gonzalez, Pielagos, 16.02.80, 1:14:08

CROSS-COUNTRY

Cross Internacional de San Sebastián (63rd)

San Sebastián, ESP, 28 January
(Distances are approximate)

OVERALL MEN (10.6 km):

- | | |
|---------------------------------------|-------|
| 1. Aweke Ayalew, BRN, 23.02.93 | 32:54 |
| 2. Yasin Haji, ETH, 22.01.96 | 32:56 |
| 3. Ilias Fifa, FC Barcelona, 16.05.89 | 33:10 |
| 4. Polat Kemboi, TUR, 12.12.90 | 33:21 |
| 5. Miguel Barzola, ARG, 14.05.82 | 34:11 |

OVERALL WOMEN (8.6 km):

- | | |
|--|-------|
| 1. Daisy Jepkemei, KEN, 13.02.96 | 27:52 |
| 2. Norah Tanui, KEN, 13.02.96 | 28:10 |
| 3. Ruth Jebet, BRN, 19.11.96 | 28:49 |
| 4. Maria Teresa Urbina, FC Barcelona, 20.03.85 | 31:12 |
| 5. Nuria Lugueros, Pielagos, 09.04.88 | 31:32 |

Elgeyo-Marakwet County Cross-Country Championships

Iten, KEN, 20 January
(Distances should be considered approximate)

SR. MEN (10 km):

1. Benard KIMELI (KEN) 1995 29:19
2. Josphat TANUI (KEN) 1994 29:20
3. Evans KURUI (KEN) 1993 29:27
4. Titus SANG (KEN) 1996 29:39
5. Robert MWEI (KEN) 1998 29:41
6. Ambrose BORE (KEN) 1995 29:47
7. Vedic KIPKOECH (KEN) 1996 29:49
8. Felix KIPKOECH (KEN) 29:51
9. Isaac YEGO (KEN) 1989 29:54
10. Henry KIPKORIR (KEN) 1996 29:54

WOMEN (10 km):

1. Joan CHELIMO (KEN) 1990 32:18
2. Valary JEMELI (KEN) 1991 32:36
3. Antonina KWAMBAI (KEN) 1992 33:48
4. Gloria KITE (KEN) 1998 33:50
5. Immaculate CHEBET (KEN) 1992 34:01
6. Dorcas KIMELI (KEN) 1996 34:15
7. Hildah CHESIR (KEN) 34:44
8. Nancy JELAGAT (KEN) 34:59
9. Vivian JEROP (KEN) 1998 35:33
10. Salome KIPRUTO (KEN) 35:36

U20 MEN (8 km):

1. Vincent KIPROTICH (KEN) 22:44
2. Edward ZAKAYO (KEN) 2001 23:08
3. Abel KIPLIMO (KEN) 23:19
4. Alex CHERONO (KEN) 23:26
5. Kelvin KIBIWOTT (KEN) 2000 23:28

U20 WOMEN (6 km):

1. Agnes JEBET NGETICH (KEN) 2001 19:55
2. Winnie KIMUTAI (KEN) 2002 20:22
3. Catherine RELIN (KEN) 2002 20:26
4. Naomi JEPTOO KEMBOI (KEN) 2001 20:38
5. Dorothy KIMUTAI (KEN) 20:48

NEWS

2018 COMRADES ALMOST A KILOMETRE LONGER THAN 2016

The 2018 Comrades Marathon will be run over 90.184 km. Race Director Rowyn James has also announced that some changes will be in effect along the route.

This year's Comrades on 10 June is a "down" run from Pietermaritzburg to Durban. The route will be somewhat longer than the previous down run in 2016, which was 89.208km.

James said that the runners will start the race at the Pietermaritzburg City Hall, "running down Chief Albert Luthuli Street, heading east. From there they will continue along Alan Paton Avenue and then contraflow onto the N3 national freeway. From there, they will glide off right onto the Market Road on-ramp and then left onto the slip road to CB Downes Road and then follow the traditional Comrades route towards Polly Shortts and onwards to Durban."

James added: "Regarding the route into Durban, athletes will follow the N3 under the Tollgate Bridge and then take the new fly-over into David Webster Street which becomes Bram Fischer Road. From there, the runners will turn left into Samora Machel Road which then becomes Masabalala Yengwa Avenue. Runners will then run contraflow in Masabalala Yengwa Avenue and cross to the northbound lane at Battery Beach Road. They will then take the pathway to the left between the bollards, pass the Virgin Active Gym and turn left into the tunnel before Nino's and onto the field to the finish line at the Moses Mabhida Stadium."

BEKELE JOINS FARAH AND KIPCHOGE AT VIRGIN MONEY LONDON MARATHON

Kenenisa Bekele will join Mo Farah and Eliud Kipchoge on the starting line of the Virgin Money London Marathon on 22 April, reports *Race Results Weekly*.

Bekele is the second-fastest marathoner of all time (on record-quality courses) with a personal best 2:03:03 set in Berlin in 2016. He has run the past two London Marathons, finishing third in 2016 (2:06:36) and second last year (2:05:57).

Farah, a four-time Olympic gold medallist, has only completed one marathon, London in 2014 where he clocked 2:08:21 for 8th place. Kipchoge, the 2016 Olympic champion, has a career best time of 2:03:05 and is widely considered the world's #1 marathoner. He's won London twice, in 2015 and 2016.

"This is a truly mouth-watering prospect," commented race director Hugh Brasher through a statement. "Sir Mo, Eliud and Kenenisa could all put forward a persuasive case for being the GOAT (the greatest of all time), and now they meet for the first time over the marathon distance at the Virgin Money London Marathon."

Kipchoge did not run in London last April. Instead, he participated in Nike's Breaking2 project last May where he ran 2:00:25 for the standard 42.195 km marathon distance on the Autodromo Nazionale in Monza, Italy. In that exhibition event, he was assisted by a

fleet of pacemakers who rotated in and out of the race, so his performance could not be ratified as a world record. It was a remarkable feat of running, nonetheless.

The Virgin Money London Marathon is part of the Abbott World Marathon Majors (AWMM), a league of the six top commercial marathons in the world which also includes the IAAF World Championships Marathon and Olympic Games Marathon in years when those events are contested. The AWMM is currently in Series XI which concludes at the 2018 Virgin Money London Marathon.

STATS TIME

This week we include a list of the top ten SA veteran men in the 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 MARATHON: TOP 10 VETERAN MEN

2:23:41	William Mokwalakwa	1	Centurion	01 May
2:24:32	Malesela Johannes Kekana	1	Benoni	29 Jan
2:24:54	Charles Tjiane	2	Benoni	29 Jan
2:25:04	Tjiane-2	2	Centurion	01 May
2:25:47	Bethuel Netshishefhe	1	Polokwane	29 Apr
2:27:28A	Zingisile Marikeni	1	East London	03 Sep
2:27:41	Herbert Mokgala	2	Polokwane	29 Apr
2:28:14	Hendrick Ramaala	2	Cape Town	17 Sep
2:28:26	Modibe Ludwick Mamabolo	1	Mossel Bay	23 Sep
2:29:14	Mokwalakwa-2	1	Sasolburg	04 Feb
2:29:41	Melikhaya Kepe	1	Port Elizabeth	02 Dec
2:30:10	Kekana-2	1	Pretoria	26 Feb
2:30:20	Graham Malinga	1	Ermelo	01 Apr

THIS MONTH IN HISTORY

34 years ago (exactly): 29 January 1983

The Friendly City Marathon in Port Elizabeth, which has had several different names over the years, was first held in 1980. It has been run on 29 January a few times, and this was the first. Beverley Malan, at the time South Africa's fourth fastest marathoner ever, had won the previous year in an outstanding 2:52:33 and she repeated the victory, but in a much slower 3:05:07. Yet she still won by almost 22 minutes. The men's winner was Peter Tshikila in 2:34:27; he was only 11 seconds ahead of the second runner. Malan would win again in 1986, but it would be eleven years before the race was held on 29 January again.

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	30:38	Lucky Mohale	Pretoria	20 Jan
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15 km	26:44 45:06	Leonard Patrick Komon (KEN) 2010 Melikhaya Frans	Port Elizabeth	27 Jan
21.1 km	41:13 65:49 58:23	Leonard Patrick Komon (KEN) 2010 Sibusiso Nzima Zersenay Tadese (ERI) 2010	Pretoria	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** 2:29:31 2:02:57	Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016 Edward Mothibi Dennis Kimetto (KEN) 2014	Pretoria	27 Jan
100 km	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	33:51 27:48	Mzwanele Maphekula Bernard Lagat (USA) 2015	Port Elizabeth	20 Jan
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	71:28 61:09	Shadrack Hoff Haile Gebrselassie (ETH) 2013	Pretoria	27 Jan
25 km				
30 km	76:49 1:41:42 89:45	Martin Mondragon (MEX) 1994 Mthandazo Qhina Mark Kiptoo Kosgei (KEN) 2016	Camps Bay	14 Jan
Marathon	2:39:06 2:08:38	Nicky Masombuka Kenneth Mungara (KEN) 2016	Pretoria	27 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	38:40 30:35	Nelson Simanga Tecwyn Davies (GBR) 1988	Pretoria	27 Jan
15 km	55:18 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	27 Jan
21.1 km	80:54 66:23	Tidimalo Modiga Titus Mamabolo (RSA) 1991	Pretoria	27 Jan
25 km				
30 km	84:12 1:57:42 1:46:33	Norman Green (USA) 1984 John September Norman Green (USA) 1988	Camps Bay	14 Jan
Marathon	2:49:19 2:19:29	Solomon Khumalo Titus Mamabolo (RSA) 1991	Pretoria	27 Jan
100 km	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	41:47 32:48	David Maphungula Martin Rees (GBR) 2013	Pretoria	13 Jan
15 km	62:40 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Constantia	06 Jan

21.1 km	90:10	David Maphangulo	Pretoria	27 Jan
	71:31	Martin Rees (GBR) 2013		
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	3:25:09	Kosie Botha	Fish Hoek	27 Jan
	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	69:45	Tamsanqa Jusayi	Port Elizabeth	27 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	1:45:25	Pele Tsikundamalema	Pretoria	27 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	4:41:10	Lawrence Asworth	Fish Hoek	27 Jan
	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	1:17:31	Themba Chauke	Pretoria	27 Jan
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	34:35	Gerda Steyn	Dubai	26 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	3:16:31	Candyce Hall	Fish Hoek	27 Jan

		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	42:10	Ronel Thomas	Pretoria	27 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	3:18:47	Adele Waldron	Fish Hoek	27 Jan
	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	98:54	Elmarie Pretorius	Pretoria	27 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	3:27:54	Angelique Rabie	Fish Hoek	27 Jan
	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	3:37:54	Nancy Will	Fish Hoek	27 Jan
	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

21.1 km	72:52	Jo Klein (NED) 2004		
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	44:17	Kate van Zyl	Pretoria	27 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	1:46:02	Glory Mabudafhasi	Pretoria	27 Jan
	67:57	Abebu Gelan Adugna (ETH) 2009		

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