

Distance Running Results

Vol. 18, No. 5 – 5 February 2018

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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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Publisher: Riël Hauman

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EDITORIAL

Two South Africans delivered outstanding performances in international competition this weekend. In the famed Millrose Games in New York, held for the 111th time, Dominique Scott set a brilliant new SA record of 8:41.18 for 3000 m when she finished third behind Aisha Praught-Leer and world champion Emma Coburn.

Desmond Mokgobu narrowly won one of the most famous Asian marathons, the Beppu-Oita race in Japan, run for the 67th time, in a personal best and list leader of 2:09:31.

South Africa's second oldest club marathon (i.e., not counting the SA Marathon), the Sasol race in Sasolburg, was run for the 67th time this weekend, with the wins going to Lesotho's Tsitetso Ramokheseng in 2:24:49 and vet Salome Cooper in 3:01:36.

Two DRR subscribers did well in the 38th Johnson Crane Marathon, run the previous weekend: Charné Bosman won in 2:54:59, a list leader (for seniors and veterans), while René Kalmer finished third in 3:03:48. Four list leaders were set in the marathon.

The two Firgrove Challenge races in Tokai, Cape Town, produced eight list leaders, while the three Sasol events resulted in six.

The results of the Correctional Services Nite Race in George on 19 December were included in DRR 18:02. It was reported that Annatjie Botes set a new national 60+ record of 41:03, breaking the previous record by Sonja Laxton. The course has since been found to be short of the correct distance, so this new SA mark cannot be accepted.

The results of the Standard Chartered Dubai Marathon were included last week. For the first time ever seven runners finished in under 2:05, and four women under 2:20. Further interesting statistics from the race are that the first eight in the men's race and first eleven in the women's set PBs. Ken Nakamura reported that the times for 3rd to 7th in both races



Ben Matiso won the 36th running of the Amobia Bay Ultra over 50 km in Port Elizabeth this weekend. He is flanked here by the two runners who followed him across the line, Melikhaya Kepe and George Ntshiliza. [Photograph supplied]

were the fastest ever for those positions. The average of the top 10 marks in Dubai is now 2:04:13, second only to Berlin, and 2:19:42, second only to London. Leul Gebrselassie Aleme finished second 2:04:02, the second fastest debut on a standard course,

Riël Hauman

INCLUDED IN THIS ISSUE:

- * DG Panel & Paint 32 km & 16 km, Durban
- * Amobia Bay Ultra & Half Marathon, Port Elizabeth
- * Sasol Marathon, Half Marathon & 10 km, Sasolburg
- * Spartan Harriers Firgrove Challenge, Tokai
- * The Neighbourhood 10 km, Pietermaritzburg
- * ARWYP 15 km, Kempton Park
- * Johnson Crane Marathon, Half Marathon & 10 km, Benoni
- * PDAC 25 km, Pinetown
- * Bridle Drift Half Marathon, East London
- * Knysna Heads Marathon, Half Marathon & 10 km, Knysna
- * Dis-Chem Half Marathon, Bedfordview

International highlights:

- * Napoli City Half Marathon, Napoli, ITA
 - * Marugame Half Marathon, Marugame, JPN
 - * Beppu-Oita Mainichi Marathon, Oita, JPN
 - * Marrakech Marathon & Half Marathon, Marrakech, MAR
 - * XC: USA Cross-Country Championships, Tallahassee, USA
 - * Indoor track: NYRR Millrose Games, New York, USA; Indoor Meeting Karlsruhe, Karlsruhe, GER; Meeting Elite en Salle de l'Eure, Val-de-Reuil, FRA; New Mexico Team Invitational, Albuquerque, USA; Doctor Sander Invitational, New York, USA; Boston University John Thomas Invitational, Boston, USA; University of Washington Invitational, Seattle, USA; Czech Indoor Gala, Ostrava, CZE
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ROAD RUNNING

DG Panel & Paint 32 km & 16 km

Durban, 4 February

32 km

MEN

1.	Prodigal Khumalo	ZIM/Maxed Elite	1:53:57
2.	Mahlomla Selehonya	Ind	1:54:04
3.	Sipho Mhlongo	Ind	1:58:40

40-49:

1.	Nkosinathi Mhlongo	Stella AC	2:02:20
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50-59:

1.	Alan Sleath	DHSOB	2:28:28
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60+:

1.	Vernon Anley	DHSOB	2:59:39
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WOMEN

1.	Loveness Madziva	ZIM/Nedbank AC	2:17:20
2.	Lisa Collett	Boxer AC	2:24:44
3.	Nomthandazo Mlotshwa	Ethekweni AC	2:24:56

40-49:

1.	Lisa Collett	Boxer AC	2:24:44
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50-59:

1.	Debby de Koning	Eskom AC	3:01:40
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60+:

1.	Blanche Moila	Savages AC	2:54:30
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16 km

MEN

1.	Daniel Mokoena	Maxed Elite	n/t*
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WOMEN

1.	Silindile Chili	Ethekweni AC	65:57
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*) The lead car went the wrong way, so the distance was incorrect. Mokoena did run sub-60 minutes.

Amobia Bay Ultra (36th) & Half Marathon

Port Elizabeth, 3 February

(Distances: 50 km & 21.1 km; out-and-back courses. Finishers: 50 km – 368 [up from 304 last year]; half marathon – 588 [there were 551 in the 10 km last year].)

Note: The 10 km was replaced by a half marathon this year. -- Ed.

50 km

MEN

1	Ben	Matiso	Itheko	30	2:57:32
2	Melikhaya	Kepe (1st vet)	Nedbank RC	41	3:01:34
3	George	Ntshiliza	Nedbank RC	38	3:09:42
4	Sandile	Ngunuza	Nedbank RC	35	3:10:18
5	Anele	Maliza	Nedbank RC	40	3:13:55

Veterans:

1	Melikhaya	Kepe	Nedbank RC	41	3:01:34
2	Anele	Maliza	Nedbank RC	40	3:13:55
3	Mzwanele	Maphekula	Bluewater Bay	41	3:17:20

Masters:

1	Desmond	Zibi	Achilles AAA	54	3:21:42
2	Christopher	Mabengeza	Nedbank RC	51	3:21:56
3	Mzoli	Mpalala	Old Mutual AC	55	3:37:58

G'masters:

1	Clifford	Hicken	Nedbank RC	60	4:20:12
2	Albert	Ngcanga	Xcel AC	67	4:40:18
3	Schoombee	Pretorius	Madiba BW	60	4:42:47

G/g'masters:

1	Herman	Dekker	SAPS AC EP	73	5:55:51
2	Thembisile	Ntoni	PEAAC	70	6:20:21

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	36	3:55:36
2	Davera	Magson (1st vet)	Nedbank RC	43	4:01:09
3	Chloe	Smith	Up And Running	27	4:38:01
4	Thembela	Van der Berg	Nedbank Bor	35	4:45:06
5	Michelle	Van Iddekinge	Elite AC	50	4:47:52

Veterans:

1	Davera	Magson	Nedbank RC	43	4:01:09
2	Ncendisa	Ndonga	Old Mutual AC	42	4:58:36
3	Sunelle	Horne	Bluewater Bay	43	5:11:45

Masters:

1	Michelle	Van Iddekinge	Elite AC	50	4:47:52
2	Buyelwa	Kobokana	Nedbank RC	52	4:50:52
3	Amanda	Shaw	Body Concept	53	4:57:47

Half marathon**MEN**

1	Luthando	Hejana	Real Gijimas	31	1:07:26
2	Zolani	Mabhongo	Ikhamva AC	31	1:08:07
3	Zolani	Ngqaqa	Tinarha AC	29	1:09:54
4	Duwayne	Lucas	Ikhamva AC	28	1:14:24
5	Zolile	Mhlahlo (1st vet)	Achilles AAA	43	1:15:29

Veterans:

1	Zolile	Mhlahlo	Achilles AAA	43	1:15:29
2	Zamubuntu	Teyise	Temp	41	1:16:29
3	Terrance	Mjekula	Tinarha AC	45	1:19:03

Masters:

1	Mutekile	Rasmeni	Nedbank RC	53	1:24:38
2	Vernon	Newfeldt	Gelvan AC	51	1:32:28
3	Sidwel	Roboshi	Nedbank RC	58	1:34:13

G'masters:

1	Alan	Taylor	Achilles AAA	60	1:32:58
2	Sticks	Stiglingh	Kowie Striders	63	1:34:18
3	Hannes	Els	Madiba BW	68	1:36:38

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	75	1:43:48
2	Lochi	Lochner	Charlo AC	70	1:44:17
3	Cilliers	Swart	Nedbank RC	71	1:53:46

Juniors:

1	Anele	Voorman	Nedbank RC	17	1:25:06
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WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	27	1:25:35
2	Selina	Ummel	Temp	20	1:26:50
3	Luthando	Nxanisa	Ikhamva AC	25	1:31:40
4	Nokholo	Hlezupondo	SANDF AC EP	38	1:31:49
5	Kelly	Van Vliet	Temp	30	1:31:55

Veterans:

1	Grizelda	Pietersen	Nedbank RC	49	1:44:44
2	Priscilla	Dyantyi	Nedbank RC	43	1:45:14
3	Elize	Adams	Gelvan AC	43	1:48:30

Masters:

1	Christine	Claasen	Achilles AAA	53	1:34:57
2	Agnes	Nieburg	Profiles AC	51	1:50:12
3	Rosemary	Joubert	32Gi EP AC	57	1:58:39

G'masters:

1	Hanlie	Van der Westhuizen	Despatch AC	61	1:39:45
2	Renee	Hawkridge	Bluewater Bay	66	1:57:19
3	Christine	Snyman	Despatch AC	61	2:08:55

G/g'masters:

1	Ronelle	Steyn	Nedbank RC	73	2:18:04
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2 Denise Terblanche Infinity AC 70 2:33:07

Sasol Marathon (67th), Half Marathon & 10 km

Sasolburg, 3 February

(Distances: 42.195 km, 21.1 km & 10 km; certified loop courses, the marathon twice the half-marathon loop. Finishers: marathon – 850 [up from 720 last year]; half-marathon – 670 [the same as last year]; 10 km – 480 [down from 600].)

Marathon

MEN

1 Tsitsetso Ramokheseng (LES/MiWay) 2:24:49; 2 Swene Moreng (Temp) 2:27:24; 3 Joseph Mphuthi (Sibanye Gold) 2:27:48 (1st vet); 4 Peter Muthubi (Pietersburg) 2:28:24; 5 Chiyembekezo Jamali (32Gi) 2:31:32; 6 Emmanuel Mogakwe (BCC) 2:31:41; 7 Professor Ncube (BCC) 2:32:32; 8 Odwa Tunyiswa (Nedbank) 2:33:10; 9 William Mokwalakwala (MiWay) 2:34:07; 10 Lucas Nonyana (Nedbank) 2:34:49.

Veterans: 1 Joseph Mphuthi (Sibanye Gold) 2:27:48; 2 William Mokwalakwala (MiWay) 2:34:07; 3 Siegfriedt Heidenrych (Born 2 Run) 2:39:18. **Masters:** 1 Ngaka Selepe (Maluti MultiSport) 3:00:39; 2 Nuno Thomaz (Phobians) 3:08:29; 3 Phatlalla Motsoeneng (SAPS) 3:11:19. **G'masters:** 1 Marius Carstens (Vitality) 3:18:26; 2 Sunnyboy Leopeng (RAC) 3:23:35; 3 Jeffery Gcelu (Ubank) 3:30:12. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 3:55:49; 2 Orton Becker (McArthur) 4:35:55; 3 Johannes Msimang (Arcelor Mittal) 5:08:02.

WOMEN

1 Salome Cooper (Born 2 Run) 3:01:36 (1st vet); 2 Mitsie v.d. Westhuizen (KPMG) 3:08:41; 3 Theresa Loots (KPMG) 3:19:03; 4 Marina Scholtz (Lewensentrum) 3:22:20; 5 Katy van Meter (MassMart) 3:22:39; 6 Rene Smuts (Vitality) 3:22:41; 7 Jackie Maritz (Klerksdorp) 3:23:35; 8 Lesley Austin (KPMG) 3:25:25; 9 Lindiwe Mthombeni (Sasol) 3:29:22; 10 Adel v.d. Worm (Phobians) 3:30:22.

Veterans: 1 Salome Cooper (Born 2 Run) 3:01:36; 2 Mitsie v.d. Westhuizen (KPMG) 3:08:41; 3 Theresa Loots (KPMG) 3:19:03. **Masters:** 1 Louise Goosen (Kempton) 3:49:15; 2 Nthabiseng Tinte (Vitality) 3:56:33; 3 Rita van Wyk (Boksburg) 3:58:24. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 4:33:02; 2 Kim Roberts (Kudus) 4:35:07; 3 Sandra Meyer (Harmony Striders) 4:56:35. **G/g'masters:** 1 Willemien Smuts (Pentagon Pistols) 4:50:46.

Half marathon

MEN

1 Motlokoa Nkhabutlane (LES/Save Orion) 65:39; 2 Pule Sibeko (Sibanye Gold) 69:26; 3 Pita Makhoali (Temp) 69:49.

Veterans: 1 Paul Ramokopu (Arcelor Mittal) 72:00; 2 Tsitsi Mokoena (Nedbank) 80:21. **Masters:** 1 Craig Cloete (Alberton) 86:32; 2 Kobus Roets (Sasol) 90:03. **G'masters:** 1 Pieter Meijer (Midas) 1:54:11; 2 Abram Mafobokoane (Nedbank) 1:55:52. **G/g'masters:** 1 Koos de la Rey (Sasol) 2:02:24; 2 Izak Smalman (Berts Bricks) 2:12:29. **Juniors:** 1 Juan-Pierre Roeshoff (Harmony Striders) 2:08:33.

WOMEN

1 Lebo Mofokeng (Omnia) 91:55; 2 Vangile Khambule (Phuthuma) 95:42; 3 Riekie Swanepoel (Vitality) 98:03.

Veterans: 1 Lorette Pretorius (Vitality) 99:57; 2 Florence Molawa (Arcelor Mittal) 1:45:21. **Masters:** 1 Malie v.d. Walt (Arcelor Mittal) 1:50:48; 2 Annelize Theron (Vitality) 1:57:47. **G'masters:** 1 Lida Olivier (Harmony Striders) 2:19:39; 2 Matha Squirra (Arcelor Mittal) 3:01:58. **Juniors:** 1 Meghan van Deventer (Arcelor Mittal) 1:43:14.

10 km

MEN

1 Sibabalwe Gladwin Mzazi (Boxer) 29:43; 2 Mthobisi Baloyi (KPMG) 29:47; 3 Simon Sibeko (Sports Interchange) 30:40.

Veterans: 1 Kheledi Molete (MiWay) 36:29; 2 Ian MacDonld (RAC) 37:29. **Masters:** 1 George Mooi (Gallopers) 34:43; Karl Gopper (Temp) 44:54. **G'masters:** 1 Petrus Mohalajeng (Vultures) 46:24; 2 Pieter Strydom (Alberton) 51:13. **G/g'masters:** 1 Mike Gaad 9Vaal) 78:53; 2 Fanie Wagener (Arcelor Mittal) 1:50:35. **Juniors:** 1 Mbandla Ndwalaza (Maluti MultiSport) 43:42.

WOMEN

1 Lebo Phalula (Boxer) 36:16; 2 Takelani Ndandani (23Gi) 42:33; 3 Helene van Rooyen (Vaal) 45:34.

Veterans: 1 Paula Herbst (TomTom) 72:14. **Masters:** 1 Erica Hamilton (Vaal) 46:38; 2 Heather Kappmeier (Nedbank) 54:47. **G'masters:** 1 Nelie Coetzee (Arcelor Mittal) 59:48; 2 Martie Voges (Arcelor Mittal) 63:51. **G/g'masters:** 1 Annetjie Jonk (Harmony Striders) 77:56. **Juniors:** 1 Lorraine Mofokeng (Unity) 51:12; 2 Reneilwe Dibakwane (Vaal) 52:16.

Spartan Harriers Firgrove Challenge

Tokai, 3 February

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 1718; 10 km -- 1982.)

Half marathon

MEN

1. Sibusiso Madikizela (Ind), 26, 1:07:43
2. Vuyolwethu Mbukushe (Gugs), 26, 1:07:44
3. Nkosinathi Madyo (Itheke), 30, 1:08:00
4. Danzil Paulse (Sanlam), 24, 1:11:10
5. Reuben Mhashu (Hout), 29, 1:13:14
6. Tsungai Mwanengeni (ZIM/Gugs), 44, 1:17:19
7. Khaya Jara (Brack), 37, 1:17:44
8. Nelson Bass (VOB), 39, 1:17:50
9. Mike Ginsberg (ATC), 27, 1:18:44
10. Wandile Mangxola (Gugs), 45, 1:19:04

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs), 44, 1:17:19; 2. Matshelane Mamabolo (FCAC), 44, 1:20:29; 3. Rupert Becker (FH), 44, 1:21:50. **Masters:** 1. John September (Itheke), 51, 1:19:21; 2. Johnny Persents (Edge), 53, 1:19:51; 3. Stephen Motau (Itheke), 52, 1:25:05. **G'masters:** 1. Mochamat Kriel (Ommie), 64, 1:28:21; 2. Eise Geerts (Bell), 62, 1:37:50; 3. Mark Wagenheim (AAC), 61, 1:38:43. **G/g'masters:** 1. Eric Bateman (VOB), 70, 1:49:51; 2. Anthony Riddick (RWFL) 1:59:53; 3. Ronnie le Roux (Brack), 72, 2:00:27. **Juniors:** 1. Lehlohonolo Lekhermane (Celtic), 18, 1:19:56; 2. Christo Joubert (Brack), 17, 1:47:24.

WOMEN

1. Zintle Xiniwe (KPMG), 31, 1:23:34
2. Bulelwa Simae (Ned), 40, 1:25:27 (1st vet)
3. Candyce Hall (Carb), 33, 1:26:51
4. Natalie Beckenstrater (WC), 36, 1:30:26
5. Ivy Gongqa (Ned), 29, 1:31:15
6. Michelle Dreyer (KPMG), 39, 1:32:14
7. Obertina Kanyongo (ZIM/Ned), 50, 1:32:18 (1st mast)
8. Emily Cupito (USA/Obs), 34, 1:33:37

9. Chantel Nienaber (Hout), 44, 1:33:47
10. Elme Middlemost (Brack), 39, 1:33:52

Veterans: 1. Bulelwa Simae (Ned), 40, 1:25:27; 2. Chantel Nienaber (Hout), 44, 1:33:47; 3. Tracy Forbes (VOB), 45, 1:34:57. **Masters:** 1. Obertina Kanyongo (ZIM/Ned), 50, 1:32:18; 2. Jana Trojan (CZE/VOB), 50, 1:35:26; 3. Angelique Rabie (Carb), 51, 1:35:47. **G'masters:** 1. Nancy Will (Pine), 65, 1:47:37; 2. Sonia Smith (Celtic), 60, 1:56:30; 3. Mary Terry (Ind), 65, 2:02:03. **G/g'masters:** 1. Marietha Herbert (Bell), 73, 2:01:44; 2. Pixie Sparg (Celtic), 73, 2:10:20; 3. Marlene James (Pine), 74, 2:28:06. **Juniors:** 1. Fahtima Harris (Ind), 17, 3:17:47.

10 km

MEN

1. Duwayne Philander (UWC), 23, 30:59
2. Alantino Belillie (Sanlam), 19, 31:58
3. Roneldo January (Celtic), 18, 32:24
4. Vakalisa Kopolo (Ned), 41, 32:30 (1st vet)
5. Gimo Matusso (Sat), 38, 34:18

Veterans: 1. Vakalisa Kopolo (Ned), 41, 32:30; 2. Mathias Kanisiu (Hout), 42, 36:32; 3. Grant Marcus (VOB), 44, 38:39. **Masters:** 1. Anton Engelbrecht (Ned), 53, 38:22; 2. Friedl van der Merwe (Ned), 57, 38:59; 3. Bernie Temmers (Langa), 54, 40:44. **G'masters:** 1. Sam Kotze (Ned), 61, 45:56; 2. Neville Freislich (FH), 68, 46:05; 3. Terrance Mazzolini (VOB), 62, 47:35. **G/g'masters:** 1. Jeff Smith (Itheko), 72, 50:43; 2. Horst Schiffer (FH), 70, 52:22; 3. David Kennett (VOB), 72, 54:42. **Juniors:** 1. Roneldo January (Celtic), 18, 32:24; 2. Nashief Stemmet (SH), 18, 34:44; 3. Monwabisi Magwa (Sanlam), 18, 34:45.

WOMEN

1. Anel Terblanche (KPMG), 30, 35:57
2. Kyla van Graan (Ind), 23, 36:42
3. Vuyiseka Nkumenge (Ned), 22, 37:13
4. Sophie Cope (SH), 20, 37:52
5. Nomvuyisi Seti (Ned), 36, 38:14

Veterans: 1. Christiane Adriaanse (VOB), 40, 38:35; 2. Jen Brown (Carb), 46, 40:08; 3. Marlize Vienings (Edge), 42, 41:43. **Masters:** 1. Mariëtte Strauss (Tyger), 55, 43:41; 2. Tina Harkett (AAC), 58, 53:44; 3. Retha Geldenhuys (CMC), 53, 53:51. **G'masters:** 1. Bev Charters (VOB), 60, 45:46; 2. Hilary Rhode (Edge), 61, 48:58; 3. Charmaine Cupido (Ned), 62, 49:01. **G/g'masters:** 1. Friedel Plant (Ind), 72, 58:47; 2. Margaret Harrison (FH), 71, 75:18; 3. Jakkie Greyling (Brack), 71, 79:20. **Juniors:** 1. Veronique Jacobs (SH), 17, 50:09; 2. Natheerah Pedro (SH), 16, 52:00; 3. Zoë Vermaak (SH), 17, 52:59.

The Neighbourhood 10 km

Pietermaritzburg, 3 February

MEN

- | | | |
|-------------------------|-----|-------|
| 1. Usa Mthalane | Ind | 33:12 |
| 2. Nomore Mandivengerei | ZIM | 33:50 |
| 3. Linda Zondi | Ind | 35:20 |

WOMEN

- | | | |
|------------------|--------------|-------|
| 1. Xoli Madida | Natal Carb | 43:45 |
| 2. Anele Diomo | M/Burg City | 45:42 |
| 3. Hlobie Madida | Newcastle AC | 47:11 |

ARWYP 15 km

Kempton Park, 31 January

(Finishers: 1050 [slightly down from 1070 last year].)

MEN

1 Thabang Mafa (Tembisa) 49:23; 2 Simon Mpholo (Rockies) 49:50 (1st vet); 3 Piet Seballo (Gallopers) 50:25.

Veterans: 1 Simon Mpholo (Rockies) 49:50; 2 Andreas Mosoeu (Paradise) 50:59.

Masters: 1 Solomon Khumalo (Carlton) 55:22; 2 Tidimalo Modiga (MiWay) 57:45.

G'masters: 1 Marius Carstens (Vitality) 68:07; 2 Bill Coop (BCC) 69:35. **Juniors:** 1 Thabo Shabangu (Rockies) 52:43; 2 Bongani Nyanguru (Monaco) 62:03.

WOMEN

1 Simonay Weitsz (Tuks) 59:40 (1st jun); 2 Katy van Meter (Massmart) 59:57; 3 Cobie Smit (Vitality) 61:21.

Veterans: 1 Leigh-Ann Marrucchi (Boksburg) 82:46; 2 Antoinette Hartsliet (HMK) 94:51.

Masters: 1 Rita van Wyk (Boksburg) 80:03; 2 Jennifer Rogers (Boksburg) 92:33.

G'masters: 1 Rina Machado (Ndaba) 1:43:26; 2 Jenny Robertshaw (Rockies) 1:50:32.

Juniors: 1 Simonay Weitsz (Tuks) 59:40; 2 Emma Wooldridge (RRW) 81:18.

Johnson Crane Marathon (38th), Half Marathon & 10 km

Benoni, 28 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 2993 men + 919 women = 3912 total [up from 3249 last year]; half marathon – 1532 men + 1482 women = 3014 total [down from 3172]; 10 km – 1227 men + 740 women = 1967 total [down from 2500].)

Note: A solid third in the marathon here for René Kalmer, still on the comeback trail, with sister Christine sixth. -- Ed.

Marathon**MEN**

1. Puleng Petrus Maeko (RRR) 2:20:16
2. Johannes Kekana (Boxer) 2:29:27 (1st vet)
3. Teboho Lejaha (LES/Ned) 2:29:28
4. Pfarelo Mathada (Fara) 2:29:45
5. Thabo Nkuna (CR) 2:30:12
6. Charles Tjiane (ME) 2:32:33

Veterans: 1. Johannes Kekana (Boxer) 2:29:27; 2. Charles Tjiane (ME) 2:32:33; 3. Hector Mahlangu (Carlton) 2:34:59. **Masters:** 1. Thabo Hlako (Kempton) 2:50:35. **G'masters:** 1. Marius Carstens (Vital) 3:16:33.

WOMEN

1. Charné Bosman (Ned) 2:54:59 (1st vet)
2. Renata Vosloo (Sunning) 3:00:55
3. René Kalmer (KPMG) 3:03:48
4. Enie Manzini (Mass) 3:04:47
5. Cobie Smith (Vital) 3:05:14
6. Christine Kalmer (KPMG) 3:06:50

Veterans: 1. Charné Bosman (Ned) 2:54:59; 2. Carly Kent (Sunning) 3:15:27; 3. Modjadji Mokwena (PPMC) 3:15:59. **Masters:** 1. Lianne Rey (RAC) 3:41:48. **G'masters:** 1. Valerie Watson (Runav) 3:48:04.

Half marathon

MEN

1. Lucky Mohale (Boxer) 1:08:21
2. Donald Mashamaite (Bedford) 1:08:34
3. Lesiba Peu (Bedford) 1:09:52

WOMEN

1. Salome Brits (B2R) 1:26:33
2. Natalie Hill (B2R) 1:29:54
3. Jeannie Jordaan (PFMA) 1:30:04

10 km

MEN

1. Sibabalwe Gladwin Mzazi (Boxer) 31:15
2. Leswene Africa Mailola (Ned) 31:16
3. Evans Malepe (?) 31:30

WOMEN

1. Lebogang Phalula (Boxer) 35:56
2. Lebo Phalula (Boxer) 37:12
3. Tracy Cheketri (?) 37:39

PDAC 25 km (37th)

Pinetown, 28 January
(Point-to-point downhill course.)

MEN

- | | | | |
|----|---------------------|--------------|---------|
| 1. | Mhlakwana Nkoshona | Boxer AC | 1:21:02 |
| 2. | Momlomala Sokhoyona | Maxed Elite | 1:22:50 |
| 3. | Vumani Mlaba | Ethekweni AC | 1:24:43 |

40-49:

- | | | | |
|----|--------------------|-----------------|---------|
| 1. | Bernard Phalatsane | ZIM/Hollywood B | 1:30:49 |
|----|--------------------|-----------------|---------|

50-59:

- | | | | |
|----|----------------|------------|---------|
| 1. | Michael Ndlovu | Zakhele AC | 1:32:17 |
|----|----------------|------------|---------|

60+:

- | | | | |
|----|-----------|--------------|---------|
| 1. | Andy Daly | Westville AC | 1:48:50 |
|----|-----------|--------------|---------|

WOMEN

- | | | | |
|----|------------------|-------------|---------|
| 1. | Makhosi Mhlongo | Boxer AC | 1:40:40 |
| 2. | Puseletso Dladla | Hollywood B | 1:44:12 |
| 3. | Lisa Collett | Boxer AC | 1:46:03 |

40-49:

- | | | | |
|----|--------------|----------|---------|
| 1. | Lisa Collett | Boxer AC | 1:46:03 |
|----|--------------|----------|---------|

50-59:

- | | | | |
|----|-----------------|------------|---------|
| 1. | Roshini Natasen | Highway AC | 2:07:49 |
|----|-----------------|------------|---------|

60+:

- | | | | |
|----|---------------|----------------|---------|
| 1. | Sylvia Burton | Hillcrest Vill | 2:22:03 |
|----|---------------|----------------|---------|

Bridle Drift Half Marathon

East London, 28 January

(Distance: 21.1 km. Finishers: 664.)

MEN

1. Luthando Hejana (RG) 1:10:42
2. Pastor Siyabulela Madlavana (B2R) 1:11:21
3. Yanga Malusi (Zwel) 1:11:41

WOMEN

1. Stephanie Smith (B2R) 1:23:03
2. Andrea Ranger (Old S) 1:31:28
3. Caryn Lategan (B2R) 1:31:56

Knysna Heads Marathon, Half Marathon & 10 km

Knysna, 21 January

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 107 [considerably down from 188 last year]; half marathon – 152 [also considerably down from 203]; 10 km – 147 [the same as last year].)

Note: An interesting result in the marathon here, with Lindile Tokota, who is 50, taking the men's race and Annatjie Botes, who is 60, winning the women's competition. -- Ed.

Marathon**MEN**

- | | | | |
|---|----------------|--------------------|---------|
| 1 | Lindile Tokota | Nedbank RC | 2:51:21 |
| 2 | Anthony Kedama | Nedbank RC | 3:15:01 |
| 3 | Mxolisi Fana | Outeniqua Harriers | 3:16:24 |

Veterans:

- | | | | |
|---|----------------|------------|---------|
| 1 | Anthony Kedama | Nedbank RC | 3:15:01 |
|---|----------------|------------|---------|

Masters:

- | | | | |
|---|----------------|------------|---------|
| 1 | Lindile Tokota | Nedbank RC | 2:51:21 |
|---|----------------|------------|---------|

G'masters:

- | | | | |
|---|----------------|------------|---------|
| 1 | Andre Barnardo | Nedbank RC | 4:06:09 |
|---|----------------|------------|---------|

WOMEN

- | | | | |
|---|-----------------------|--------------------|---------|
| 1 | Annatjie Botes | Nedbank RC | 3:40:48 |
| 2 | Anel van Wyk | Nedbank RC | 3:46:02 |
| 3 | Rome Phillipson-Meyer | Hartenbos Drawwers | 3:47:17 |

Veterans:

- | | | | |
|---|--------------|---------|---------|
| 1 | Joanne Stead | Nedbank | 4:07:37 |
|---|--------------|---------|---------|

Masters:

- | | | | |
|---|-------------|----------------------|---------|
| 1 | Marie Ayton | Knysna Marathon Club | 4:20:31 |
|---|-------------|----------------------|---------|

G'masters:

- | | | | |
|---|----------------|------------|---------|
| 1 | Annatjie Botes | Nedbank RC | 3:40:48 |
|---|----------------|------------|---------|

Half marathon**MEN**

- | | | | |
|---|-----------------|------------|---------|
| 1 | Lloyd Bosman | Nedbank RC | 1:12:07 |
| 2 | John April | Nedbank RC | 1:13:03 |
| 3 | Zandisile Ngeva | Nedbank RC | 1:19:02 |

Veterans:

- | | | | |
|---|-----------------|------------|---------|
| 1 | Zandisile Ngeva | Nedbank RC | 1:19:02 |
|---|-----------------|------------|---------|

Masters:

1	Anton Chevalier	Nedbank RC	1:29:40
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G'masters:

1	Johannes van Wyk	Outeniqua Harriers	1:44:53
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G/g'masters:

1	Michael Brewis	Celtic Harriers	1:52:52
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WOMEN

1	Melissa van Rensburg	Nedbank RC	1:29:40
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2	Davera Magson	Nedbank RC EPA	1:36:38
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3	Judith Roetman	TEMP	1:43:23
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Veterans:

1	Davera Magson	Nedbank RC EPA	1:36:38
---	---------------	----------------	---------

Masters:

1	Alison Jordaan	Nedbank RC	1:52:21
---	----------------	------------	---------

G'masters:

1	Teresa Lillis	PE Achilles	2:22:02
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10 km

MEN

1	Godwin Heyns	Nedbank RC	33:38
---	--------------	------------	-------

2	Donovan Jantjies	Nedbank RC	34:07
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3	Sivuyile Qole	Plett AC	34:28
---	---------------	----------	-------

Veterans:

1	Kobus Boshoff	Outeniqua Harriers	38:48
---	---------------	--------------------	-------

Masters:

1	Tony Cleophas	Nedbank RC	44:10
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G'masters:

1	Trevor van Rooyen	Sedgefield Striders	53:22
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G/g'masters:

1	Kenny Wilkinson	Knysna Marathon Club	1:09:07
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Juniors:

1	Rivaldo Camphor	TEMP	46:17
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WOMEN

1	Ariadne van Zandbergen	Cape Multi Sport Eden	47:05
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2	Louw-Anne Lourens	Nedbank RC	49:38
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3	Rina Wray	Hartenbos Drawwers	51:09
---	-----------	--------------------	-------

Veterans:

1	Ariadne van Zandbergen	Cape Multi Sport Eden	47:05
---	------------------------	-----------------------	-------

Masters:

1	Rina Wray	Hartenbos Drawwers	51:09
---	-----------	--------------------	-------

G'masters:

1	Judith Kent	Knysna Marathon Club	1:02:32
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G/g'masters:

1	Barbara Derbridge	Sedgefield Striders	1:20:49
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Juniors:

1	Louw-Anne Lourens	Nedbank RC	49:38
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Dis-Chem Half Marathon

Bedfordview, 14 January

(Distance: 21.1 km; loop course. Finishers: 4718.)

Note: An excellent time here for Irvette van Zyl, despite being four months pregnant! -- Ed.

MEN

1. David Manja (Ned) 1:08:44
2. Phillimon Tebogo Mathiba (Ned) 1:08:53
3. Frik Guys (RWFL) 1:09:36
4. Lucky Mohale (Boxer) 1:12:56
5. Vuyisile Tshoba (KPMG) 1:13:22
6. Zongamele Dyubeni (RRR) 1:13:59 (1st vet)
- ... 8. Ludwick Mamabolo (Ned) 1:14:21

WOMEN

1. Irvette van Zyl (Ned) 1:18:37
2. Rudo Mhonderwa (ZIM/Ned) 1:21:45
3. Patience Murowe (ZIM/Ned) 1:22:55
4. Yolande Maclean (?) 1:24:29
5. Renata Vosloo (Sunning) 1:27:25
6. Keneilwe Sesing (KPMG) 1:27:39
7. Leilani Scheffer (KPMG) 1:27:53
- ... 10. Christine Kalmer (KPMG) 1:30:32
- ... 13. Judy Bird (KPMG) 1:33:04 (1st mast)

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**Napoli City Half Marathon (5th)**

Napoli, ITA, 4 February

(Distance: 21.1 km; IAAF/AIMS certified, mostly flat out-and-back course)

MEN (gun times)

1. Asbel Kipchumba, KEN 1:00:12 PB/CR
2. Shadrack Kiplagat, KEN 1:00:34 PB
3. Nibert Kipkoech Kigen, KEN 1:01:43

WOMEN

1. Shitaye Eshete, BRN 1:08:38 PB/CR
2. Antonina Kwambai, KEN 1:09:07
3. Olha Kotovska, UKR 1:14:27

Marugame Half Marathon (72nd)

Marugame, JPN, 4 February

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

1. Edward Waweru, KEN 1:00:31 PB
2. Yuta Shitara, JPN 1:01:13

3. Kenta Murayama, JPN	1:01:42
4. Zersenay Tadese, ERI	1:01:43
5. Bayelign Teshager, ETH	1:01:43 PB
6. Dominic Nyairo, KEN	1:01:46
7. Joel Mwaura, KEN	1:01:50
8. Wilson Kiprono Too, KEN	1:01:53
9. Yohei Suzuki, JPN	1:01:53 PB
10. Kei Katanishi, JPN	1:01:58 PB

WOMEN (gun times)

1. Betsy Saina, KEN	1:09:17
2. Kaori Morita, JPN	1:10:10
3. Ftaw Zeray, ETH	1:10:31 PB
4. Jessica Trengove, AUS	1:10:59 PB
5. Kim Do Yeon, KOR	1:11:00 PB
6. Sara Hall, USA	1:11:25
7. Kayoko Fukushi, JPN	1:13:17
8. Yomogi Akasaka, JPN	1:13:44
9. Kanako Takemoto, JPN	1:13:51
10. Lee Suk Jeong, KOR	1:13:52
11. Marie Imada, JPN	1:13:54
12. Edna Kiplagat, KEN	1:13:56
13. Kasumi Yoshia, JPN	1:13:58
14. Kumiko Otani, JPN	1:14:35
15. Nana Sato, JPN	1:15:01

Beppu-Oita Mainichi Marathon (67th)

Oita, JPN, 4 February

(Distance: 42.195 km, out-and-back course)

MEN (gun times)

1. Desmond Mokgobu, RSA	2:09:31 PB
[1:04:30 / 1:05:01]	
2. Hayato Sonoda, JPN	2:09:34 PB
3. Shohei Otsuka, JPN	2:10:12 PB
4. Josphat Kiprono, KEN	2:10:54
5. Tsukasa Koyama, JPN	2:11:20 PB

WOMEN (gun times)

1. Hiroko Yoshitomi, JPN	2:33:00 CR*
[1:15:39 / 1:17:21]	
2. Haruka Yamaguchi, JPN	2:38:18
3. Chika Tawara, JPN	2:42:28

Marrakech Marathon (29th) & **Half Marathon**

Marrakech, MAR, 28 January

(Distances: 42.195 km [AIMS certified according to the race website] and 21.1 km)

Note: *Race Results Weekly* reports that "the results from this event were a mess; [we] tried to clean them up, but surely many of the names are still wrong (some were not even provided)". -- Ed.

Marathon (gun times)

MEN

1. Wycliffe Kipkorir BIWOT, KEN	2:11:04
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2. Chala ADUGNA BEKELE, ETH 2:11:47
3. Mountasir ZAGHO, MAR 2:12:06

WOMEN

1. Tinbit Gidey WELDEGEBRIEL, ETH 2:26:48 PB/CR*
2. Truphena CHEPCHIRCHIR, KEN 2:28:11 PB
3. Ruth Wanjiru KURIA, KEN 2:28:27

Half Marathon (gun times)

MEN

1. Hicham AMGHAR, MAR 1:00:23 PB/CR*
2. Mohamed Reda EL AARABY, MAR 1:00:38
3. Mustapha EL AZIZ, MAR 1:00:41
4. Mohamed AHMAMI, MAR 1:01:17
5. Youssef BEN HADI, MAR 1:01:24
6. Rachid KANSOUR, MAR 1:01:48

WOMEN

1. Hajiba HASSNAOUI, MAR 1:10:43
2. Sana EL OTHMANI, MAR 1:11:07
3. Sana ACHAHBAR, MAR 1:11:32
4. Fatiha BENCHATKI, MAR 1:12:14
5. Hayat ALLAOUI, MAR 1:13:24

CROSS-COUNTRY**USA Cross-Country Championships**

Tallahassee, USA, 3 February

OPEN MEN (10 km):

1. Leonard Korir, U.S. Army 29:16.6 \$4000
2. Galen Rupp, Nike Oregon Project 29:17.8 2500
3. Stanley Kebenei, Nike 29:31.4 1500
4. Evan Jager, Nike Bowerman Track Club 29:31.5 1250
5. Martin Hehir, Unattached 29:33.6 1000

OPEN WOMEN (10 km):

1. Emily Infeld, Nike Bowerman TC 33:18.7 \$4000
2. Molly Seidel, Saucony 33:22.1 2500
3. Stephanie Bruce, HOKA NAZ Elite 33:34.1 1500
4. Courtney Frerichs, Nike Bowerman TC 33:55.1 1250
5. Emily Durgin, New Balance 33:56.9 1000

JR. MEN (8 km):

1. Connor Lane, Stanford 25:04.7
2. Tibebu Proctor, Washington 25:12.1
3. Michael Vernau, Unattached 25:18.3
4. Hunter Lucas, Minnesota 25:22.0
5. Kashon Harrison, Wings of America 25:31.2

JR. WOMEN (6 km):

1. Ashley Tutt, Northern Ill. 21:08.5
2. Amanda Beach, Duke 21:13.6
3. Michaela Reinhart, Duke 21:17.5
4. Jasmine Turtle-Morales, Wings of Am 22:32.5
5. Amanda Davis, Northwestern 22:52.7

INDOOR TRACK**NYRR Millrose Games (111th)**

New York, USA, 3 February
(200 m banked Mondo track)

MEN**Mel Sheppard 800:**

1. Emmanuel Korir, Nike (KEN), 1:44.21 PB
2. Donovan Brazier, Nike, 1:45.35 PB
3. Drew Windle, Brooks Beasts, 1:45.53 PB
4. Kyle Langford, Nike (GBR), 1:46.43 PB
5. Clayton Murphy, Nike, 1:46.61

Wanamaker Mile:

1. Chris O'Hare, adidas, 3:54.14
2. Josh Kerr, U. New Mexico (GBR), 3:54.72 PB
3. Ben Blankenship, Nike Oregon TC, 3:54.77
4. Charlie Grice, Nike (GBR), 3:56.47 PB
5. Nick Willis, adidas (NZL), 3:57.72
6. Kyle Merber, Hoka / NJ-NY, 3:57.75

Dr. Sander 3000:

1. Shadrack Kipchirchir, US Army, 7:45.49
2. Justyn Knight, Syracuse (CAN), 7:45.86 PB
3. Ryan Hill, Nike Boweman TC, 7:46.65

WOMEN**Wanamaker Mile:**

1. Colleen Quigley, Nike Bowerman TC, 4:30.05
2. Kate Grace, Nike Bowerman TC, 4:30.08
3. Ciara Mageean, New Balance (IRL), 4:30.99
4. Lauren Johnson, Boston Athletic Association, 4:31.63 PB
5. Elinor Purrier, Univ. of New Hampshire, 4:31.85
6. Sara Vaughn, NYAC, 4:31.98 PB
7. Alexa Efraimson, Nike, 4:32.73

3000:

1. Aisha Praught-Leer, Under Armour (JAM), 8:41.10 PB/NR
2. Emma Coburn, New Balance, 8:41.16 PB
3. Dominique Scott, adidas (RSA), 8:41.18 NR
4. Karissa Schweizer, Missouri, 8:41.60 PB/CR*
5. Katie Mackey, Brooks Beasts, 8:43.15 PB
6. Lauren Paquette, Brooks, 8:47.81 PB
7. Kate Van Buskirk, Unattached (CAN), 8:49.02 PB
8. Mel Lawrence, Oiselle, 8:50.96 PB
9. Emily Lipari, BAA, 8:51.07 PB
10. Marta Freitas, Unattached (POR), 9:03.18 PB

Indoor Meeting Karlsruhe

(IAAF World Indoor Tour)

Karlsruhe (Messehalle), GER, 3 February

MEN

800:

- | | |
|----------------------------|------------|
| 1. Marcin Lewandowski, POL | 1:46.90 |
| 2. Erik Sowinski, USA | 1:46.91 |
| 3. Saúl Ordóñez, ESP | 1:46.96 PB |
| 4. Andrew Osagie, GBR | 1:47.02 |
| 5. Christoph Kessler, GER | 1:47.80 PB |

3000:

- | | |
|-----------------------------------|------------|
| 1. Hagos Gebrhiwet, ETH | 7:37.91 WL |
| 2. Yomif Kejelcha, ETH | 7:38.67 PB |
| 3. Abdalaati Iguider, MAR | 7:39.92 |
| 4. Adel Mechaal, ESP | 7:40.14 |
| 5. Bethwell Kiprotich Birgen, KEN | 7:40.56 |

WOMEN

1500:

- | | |
|---------------------------------|------------|
| 1. Genzebe Dibaba, ETH | 3:57.45 WL |
| 2. Konstanze Klosterhalfen, GER | 4:04.00 PB |
| 3. Beatrice Chepkoech, KEN | 4:08.33 |
| 4. Winny Chebet, KEN | 4:09.45 PB |
| 5. Angelika Cichocka, POL | 4:09.58 |
| ... 7. Selina Büchel, SUI | 4:15.61 |

Meeting Elite en Salle de l'Eure

Val-de-Reuil, FRA, 27 January

Note: World U.20 Indoor Best and 2018 world indoor-leading mark for Ethiopian Samuel Tefera in the men's 1500. -- Ed.

MEN

800:

- | | |
|---|---------|
| 1. Guillaume Brasselet, 1998, R2ma - S/I Asptt Rouen | 1:54.64 |
| 2. Gregory Bernage, 1999, Ss76 - S/I Duclair Le Trait A | 1:55.96 |
| 3. Mathieu Languerre, 1999, R2ma - S/I Asptt Rouen | 1:56.27 |

1500:

- | | |
|---------------------------|--------------------|
| 1. Samuel Tefera, ETH | 3:36.05 WU20IB, WL |
| 2. Abdalaati Iguider, MAR | 3:36.87 |
| 3. Brahim Kaazouzi, MAR | 3:37.15 |

WOMEN

800:

Race 1:

- | | |
|-------------------------------|---------|
| 1. Rababe Araf, MAR | 2:02.49 |
| 2. Shelayna Oksan-Clarke, GBR | 2:02.90 |
| 3. Malika Akkaoui, MAR | 2:02.94 |

New Mexico Team Invitational

Albuquerque, USA, 27 January
(200 m banked synthetic track)

Note: Albuquerque is at high altitude (1619 m). A tremendous performance here by 17-time NCAA champion Edward Cheserek in the mile, clocking a world-leading 3:54.73 at high altitude. According to *Race Results Weekly* that is equivalent to a sub-3:50 at sea level! --Ed.

MEN

Elite Mile:

1. Edward Cheserek, Skechers Performance (KEN), 3:54.73 WL
2. Ben Blankenship, Nike Oregon Track Club, 4:01.16
3. Lane Werley, Unattached. 4:05.01

Doctor Sander Invitational

(Formerly the Armory Track Invitational)
New York, USA, 25-27 January
(200 m banked Mondo track)

MEN

Mile:

Race A:

1. Craig Engels, Nike Oregon Project, 3:57.35 (3:42.12)
2. Julian Oakley, Ocean State AC (NZL), 3:57.45 (3:42.34)
3. Charlie Grice, Nike (GBR0, 3:58.31 (3:42.79)
4. Pat Casey, Under Armour, 3:59.13 (3:43.41)
5. Sam Prakes, Oregon, 3:59.56 (3:43.99)

WOMEN

Columbia Challenge Events (27):

800:

Race 6:

1. Ajee' Wilson, adidas, 2:00.90 MR
2. Natoya Goule, adidas, 2:01.07
3. Jenna Westaway, Brooks (CAN), 2:01.50 PB

Mile:

Race 4:

1. Kate Van Buskirk, CAN, 4:26.92 PB/NR/WL/MR (4:10.06 1500 en route)
2. Rachel Schneider, Under Armour, 4:27.30 (4:10.38)
3. Karissa Schweitzer, Missouri, 4:27.54 PB/NCAA leader (4:10.68 PB)
4. Shannon Osika, Nike, 4:27.55 PB (4:10.24 PB)
5. Gabriela Stafford, Brooks/Univ of Toronto TC (CAN), 4:28.88 PB (4:11.07 PB)

Boston University John Thomas Invitational

Boston, USA, 26-27 January
(200 m banked synthetic track)

MEN

Mile:

Race 1:

1. Shadrack Kipchirchir, US Army / AD, 3:55.52 PB/WL
2. Justyn Knight, Syracuse (CAN), 3:55.82 PB
3. Peter Callahan, BEL, 3:57.14 PB

4. Corey Bellemore, CAN, 3:57.20 PB
5. Hamish Carson, NZL, 3:57.76 PB
6. Kirubel Erassa, American Distance, 3:57.86 PB
7. Emmanuel Bor, US Army / AD, 3:58.77 PB (500th USA man to break 4:00)

3000:

Race 1:

1. Shadrack Kipchirchir, US Army / AD, 7:42.71 PB/WL
2. Emmanuel Bor, US Army / AD, 7:44.93 PB
3. Kirubel Erassa, American Distance, 7:47.48 PB

University of Washington Invitational

Seattle, USA, 26-27 January

(Oversized 307 m unbanked synthetic track)

MEN

Mile (27):

Section 6:

1. Yomif Kejelcha, Nike Oregon Project (ETH), 3:56.95
2. Andy Trouard, Northern Arizona, 3:58.01
3. David Ribich, Western Oregon, 3:58.88
4. Lopez Lomong, Nike Bowerman TC, 3:59.75

5000 (26):

Section 1:

1. Yomif Kejelcha, Nike Oregon Project (ETH), 13:34.67 MR
2. Galen Rupp, Nike Oregon Project, 13:34.78
3. Scott Fauble, Hoka NAZ Elite, 13:50.81

WOMEN

800 (27):

Section 7:

1. Lynsey Sharp, adidas (GBR), 2:04.97
2. Julia Stepanova, Unattached, 2:06.92
3. Alethia Marrero, Unattached, 2:07.48

3000 (27):

Section 4:

1. Sifan Hassan, Nike Oregon Project (NED), 8:34.45 WL
2. Shalane Flanagan, Nike Bowerman TC, 8:43.28
3. Regan Yee, Trinity Western (CAN), 8:58.29 PB

Czech Indoor Gala (2nd)

(EA Permit Meeting)

Ostrava, CZE, 25 January

MEN

3000:

- | | |
|--|------------|
| 1. Mohammed Ayoub Tiouali, Bahrain, 26.05.91 | 7:44.58 MR |
| 2. Benjamin Kigen, Kenya, 05.07.93 | 7:44.77 PB |
| 3. Tilahun Haile, Ethiopia, 13.05.99 | 7:45.34 PB |
| 4. Melesse Birhan, Ethiopia, 12.09.99 | 7:47.57 PB |
| 5. Youssouf Hiss Bachir, Djibouti, 01.01.87 | 7:48.75 SB |
| 6. Yassin Bouih, Italy, 24.11.96 | 7:50.94 PB |
| 7. Mouhcine Outalha, Morocco, 15.12.98 | 7:52.77 PB |

8. Tesfaye Deriba, Ethiopia, 11.09.98	7:53.49 PB
9. Benjámín Kovács, Hungary, 24.01.95	8:00.77 PB
10. Zak Seddon, United Kingdom, 28.06.94	8:04.32 SB

WOMEN

3000:

1. Hellen Obiri, Kenya, 13.12.89	8:38.81 WL
2. Beatrice Chepkoech, Kenya, 06.07.91	8:39.15 PB
3. Fantu Worku, Ethiopia, 29.03.99	8:39.55 PB
4. Meskerem MamoPACE, Ethiopia, 13.04.99	8:43.87 PB
5. Ruth Jebet, Bahrain, 17.11.96	8:48.99 SB
6. Norah Tanui, Kenya, 02.10.95	8:49.89 PB
7. Sofia Ennaoui, Poland, 30.08.95	8:53.63 SB
8. Claudia Bobocea, Romania, 11.06.92	8:53.97 SB

NEWS

DRR CONTRIBUTOR ALEN HATTINGH HONOURED BY THE COMRADES

Long-time readers of *Distance Running Results* will know that Alen Hattingh (pictured at right) is its longest serving correspondent who has been sending results from Kwazulu-Natal since the very start of the newsletter. Recently the Comrades Marathon Association (CMA) honoured this well-known and dedicated administrator, who has been a Board member and convenor of its Corporate Social Investment (CSI) Committee.

CMA Chairperson Cheryl Winn described Hattingh's involvement with the sport: "Alen's love affair with athletics and the Comrades Marathon began 45 years ago as a teenager with Ladysmith Athletics Club. On 17 March 1973 tragedy struck when on his way to participate in the Bluff Marathon in preparation for what would have been his first Comrades Marathon, the car he was travelling in was struck in a hit and run accident on the notorious Fields Hill, in which Alen's brother-in-law was killed instantly and Alen was thrown out of the vehicle severing his spine, thus changing his life forever. He was not yet 21 years old.

"After spending many months in hospital, some 6-7 months later he was back at the Ladysmith Athletics Club weekly time trial, where within a relatively short period through the strength of his own indomitable spirit and the friendship, love and support of his clubmates he became a permanent fixture as official timekeeper of the time trials, later Club Secretary and eventually Life Member and honorary Vice President of Ladysmith AC.

"In about 1980 Alen moved to Pinetown, where he met Charlene, a nurse who has been steadfastly by his side ever since. By a twist of fate Charlene had actually nursed Alen at Addington Hospital after his accident. One of the first things he did on arriving in Pinetown was to become instrumental in the launch of a new athletics club – Queensburgh Harriers, where he then spent another ten years in various capacities, in recognition of which he was later also rewarded Life Membership."

Winn said that in 1990 Hattingh moved to Westville Athletics Club, where most of his friends were, and he is still an active member to this day, having served as road captain, cross-country captain and Vice Chairman. In the meantime he also became involved in provincial athletics, serving on the old Natal Marathon Runners Association for ten years from 1985-1995 before it was disbanded, then becoming involved with KZNA as Chairman



of its Cross-Country Commission, as well as qualifying as a technical official, initially reaching the level of what used to be called a national road running referee, now a Level 2 Technical Official.

Hattingh has been time-keeping and officiating at road running and cross-country events week in, week out for decades in KZN, with his friendly face and his wheelchair a familiar sight on the finish line of hundreds of KZN events over the years.

Hattingh served on the CMA Board in two separate periods for a total of six years, the first being 2005-2006. In 2007 he joined the CMA Race Organising Committee to take on the all-important refreshment station portfolio, which he single-handedly managed until 2010. He re-joined the CMA Board from 2014-2017, during which time he also chaired the CSI Committee and briefly the Official Charities Committee.

In his capacity as CSI Convenor, he has been actively involved in the staging of the Greater Edendale 10 km race, the two CMA Outdoor Gym Projects (one to Msunduzi, one to eThekweni), the handover of wheelchairs to the Msunduzi Disabled Club, and various other athletics development projects in conjunction with KZN Athletics. He was awarded Life Membership of CMA in 2015.

In handing over a small token of appreciation to Hattingh on the occasion of his retirement from the CMA Board, Winn said: "Alen has been a source of inspiration, motivation and great humility to us all at Comrades – through the courage, indomitable spirit, unstinting loyalty, cheerfulness, resilience and generosity of spirit with which he has set a shining example to us all. Charlene too is a cherished member of the Comrades family, with her ever-present care and support to Alen. We admire and thank them both for all they have given, and continue to give to Comrades and athletics in KZN. It is both humbling and uplifting to behold."

STATS TIME

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

2:52:33	Melanie van Rooyen	1	Port Elizabeth	02 Dec
2:54:09	Ulrica Stander	1	Cape Town	17 Sep
2:55:23	Charné Bosman	2	Cape Town	17 Sep
2:58:45A	Stander-2	1	Simon's Town	19 Feb
3:06:00	Salome Cooper	2	Benoni	29 Jan
3:06:49	Bulelwa Simae	1	Port Elizabeth	08 Oct
3:07:03	Helen Ibbotson	2	Port Elizabeth	02 Dec
3:08:09	Lesley Train Austin	1	Durban	09 Apr
3:08:24	Linah Mhlongo	2	Polokwane	29 Apr
3:09:02A	Bosman-2	1	Howick	27 Aug
3:09:15A	Joanna Thomas	1	Witsand	25 Nov
3:09:31A	Julanie Basson	11	New York	05 Nov

THIS MONTH IN HISTORY

39 years ago: 3 February 1979

Only three South African marathon records have been set in February. The first came from Clare Taylor, a former swimmer, in the early days of SA women's marathoning. On this day – after she had finished her first Comrades in 10:41 the previous year – she ran 3:01:32 in the Transvaal Championships in Johannesburg. Seven weeks later, under the guidance of Ivor Lazerson, she became the first woman in Africa to run a sub-3 hour marathon when

she won the Interprovincial Marathon in East London in 2:57:26. In September Taylor set her third SA record of the year, 2:56:28.

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	29:43	Sibabalwe Gladwin Mzazi	Sasolburg	03 Feb
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:49	Sibusiso Nzima	Pretoria	20 Jan
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:41:42	Mthandazo Qhina (vet)	Camps Bay	14 Jan
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:09:31	Desmond Mokgobu	Oita	04 Feb
	2:02:57	Dennis Kimetto (KEN) 2014		
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	32:30	Vakalisa Kopolo	Tokai	03 Feb
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:28	Shadrack Hoff	Pretoria	27 Jan
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	76:49	Martin Mondragon (MEX) 1994		
30 km	1:41:42	Mthandazo Qhina	Camps Bay	14 Jan
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:27:48	Joseph Mphuthi	Sasolburg	03 Feb
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:43	George Mooi	Sasolburg	03 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:18	Desmond Zibi	Port Elizabeth	27 Jan
	47:52	Titus Mamabolo (RSA) 1991		

21.1 km	79:21	John September	Tokai	03 Feb
	66:23	Titus Mamabolo (RSA) 1991		
25 km	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:57:42	John September	Camps Bay	14 Jan
	1:46:33	Norman Green (USA) 1988		
Marathon	2:49:19	Solomon Khumalo	Pretoria	27 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
10 km	41:47	David Maphungula	Pretoria	13 Jan
	32:48	Martin Rees (GBR) 2013		
15 km	62:40	Mochamat Kriel	Constantia	06 Jan
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:21	Mochamat Kriel	Tokai	03 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:48:50A	Andy Daly	Pinetown	28 Jan
	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	3:16:33	Marius Carstens	Benoni	28 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	1:43:48	Tamsanqa Jusayi	Port Elizabeth	03 Feb
	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	3:55:49	Pele Tshikundamalema	Sasolburg	03 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	32:24	Roneldo January	Tokai	03 Feb
	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	78:37	Irvette van Zyl	Bedfordview	14 Jan
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	1:40:40A	Makhosi Mhlongo	Pinetown	28 Jan
	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	2:54:59	Charné Bosman (vet)	Benoni	28 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	38:35	Christiane Adriaanse	Tokai	03 Feb
	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	1:46:03A	Lisa Collett	Pinetown	28 Jan
	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	2:54:59	Charné Bosman	Benoni	28 Jan
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	43:41	Mariëtte Strauss	Tokai	03 Feb
	34:14	Linda Somers (USA) 2011		
15 km	66:49	Ester Brink	Strandfontein	20 Jan
	52:38	Monica Joyce (USA) 2009		
21.1 km	93:04	Judy Bird	Bedfordview	14 Jan
	75:18	Linda Somers (USA) 2011		
25 km	2:07:49A	Roshini Natasen	Pinetown	28 Jan
	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	45:46	Bev Charters	Tokai	03 Feb
	38:56	Lidia Zentner (GER) 2015		
15 km	71:05	Nancy Will	Constantia	06 Jan

21.1 km	61:25	Kathryn Martin (USA) 2011		
	99:45	Hanlie van der Westhuizen	Port Elizabeth	03 Feb
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	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		

Great grandmasters (70+)

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	2:01:44	Marietha Herbert	Tokai	03 Feb
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:58:52	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:50:46	Willemien Smuts	Sasolburg	03 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
	12:50:49	Helen Klein (USA) 1993		

Juniors

10 km	44:17	Kate van Zyl	Pretoria	27 Jan
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	1:43:14	Meghan van Deventer	Sasolburg	03 Feb
	67:57	Abebu Gelan Adugna (ETH) 2009		

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